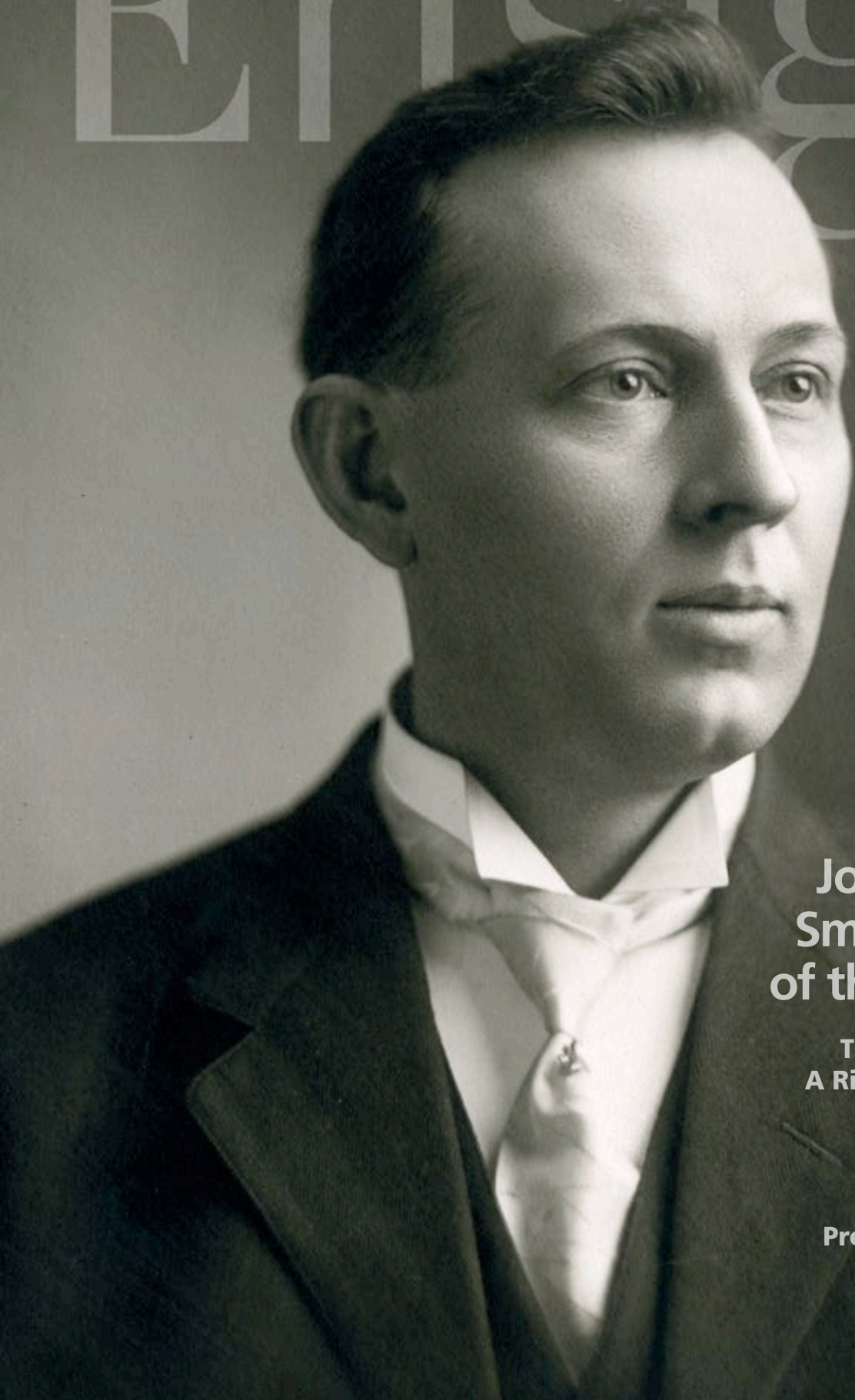


# Ensign



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**Preparing for Priesthood  
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*“Some of you may feel that you can’t rise above the polluted pond, that your circumstances are too difficult, your trials too hard, your temptations too great. . . . Remember, the stalk of the water lily grows in adversity, and as the stalk lifts the water lily, your faith will support and lift you.”*

Mary N. Cook, former second counselor in the Young Women general presidency, “Anchors of Testimony,” *Ensign*, May 2008, 122.

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This issue contains articles and activities that could be used for family home evening. The following are some examples.

**A MAGAZINE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
January 2014 Volume 44 • Number 1

**The First Presidency:** Thomas S. Monson, Henry B. Eyring, Dieter F. Uchtdorf

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**Printing Director:** Craig K. Sedgwick

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**POSTMASTER:** Send all UAA to CFS (see DMM 707.4.12.5). **NONPOSTAL AND MILITARY FACILITIES:** Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.

**Canada Post Information:** Publication Agreement #40017431.



PHOTO ILLUSTRATION BY CODY BELL

**“Enduring Well,” page 14:** Consider discussing with your family the meaning of Elder Lansing’s oft-repeated counsel to his daughter: “Just keeping swimming.”

You could also ask a family member to read the story of Joseph Smith’s imprisonment in Liberty Jail mentioned on page 16, including the verses quoted from the Doctrine and Covenants. You could then discuss what is meant by the phrase “endure it well” and, as appropriate, make a list of positive ways family members could deal with challenges they may be facing (consult D&C 123:17 for ideas).

**“Choosing to Forgive,” page 68:**

You may want to begin by watching the Mormon Messages video “Forgiveness: My Burden Was Made Light” ([mormonmessages.org](http://mormonmessages.org)). Then read the quote from Lewis B. Smedes on page 69 of the article and discuss how, as shown in the video, Chris’s decision to forgive Cameron gave each of them hope for the future. You could then read with your family Doctrine and Covenants 64:10 and review the suggestions given in the article for finding the strength to forgive others. Invite family members to identify the blessings that forgiving others can bring.

### ANCESTOR APPRECIATION

One year I made a family calendar to encourage appreciation for our ancestors. Each month featured pictures of a grandparent or great-grandparent of our children. Along with the calendar, I prepared 12 family home evening lessons, one for each ancestor. The lesson included a story from the ancestor’s life and a matching gospel theme, such as courage, service, tithing, or missionary work. We also read the ancestor’s favorite scriptures (or others that went with the theme) and enjoyed his or her favorite songs, activities, games, and food. This approach has helped both our children and our grandchildren come to know and love their ancestors.

**Claudia W. Richards, Utah, USA**

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**By President  
Dieter F. Uchtdorf**

Second Counselor  
in the First Presidency

# THE BEST TIME TO Plant a Tree

**I**n ancient Rome, Janus was the god of beginnings. He was often depicted with two faces—one looking back on the past, the other looking forward to the future. Some languages name the month of January after him because the beginning of the year was a time for reflection as well as planning.

Thousands of years later, many cultures throughout the world carry on a tradition of making resolutions for the new year. Of course, making resolutions is easy—keeping them is a different thing altogether.

One man who had made a long list of New Year's resolutions felt pretty good about his progress. He thought to himself, "So far, I've stuck to my diet, I haven't lost my temper, I've kept to my budget, and I haven't once complained about the neighbor's dog. But today is January 2 and the alarm just went off and it's time I got out of bed. It's going to take a miracle to keep my streak going."

## **Starting Over**

There is something incredibly hopeful about a fresh start. I suppose at one time or another we have all wanted to start again with a clean slate.

I love getting a new computer with a clean hard drive. For a time it works perfectly. But as the days and weeks pass by and more and more programs get installed (some intentional, some not so intentional), eventually

the computer begins to stall, and things it used to do quickly and efficiently become sluggish. Sometimes it doesn't work at all. Even getting it to start can become a chore as the hard drive becomes cluttered with miscellaneous chaos and electronic debris. There are times when the only recourse is to reformat the computer and start over.

Human beings can likewise become cluttered with fears, doubts, and burdensome guilt. The mistakes we have made (both intentional and unintentional) can weigh upon us until it may seem hard to do what we know we should.

In the case of sin, there is a wonderful reformatting process called repentance that allows us to clear our internal hard drives of the clutter that burdens our hearts. The gospel, through the miraculous and compassionate Atonement of Jesus Christ, shows us the way to cleanse our souls of the stain of sin and once again become new, pure, and as innocent as a child.

But sometimes other things slow us down and hold us back, causing unproductive thoughts and actions that make it hard for us to get started.

## **Bringing Out the Best in Us**

Setting goals is a worthy endeavor. We know that our Heavenly Father has goals because He has told us that His



## TEACHING FROM THIS MESSAGE

**P**resident Uchtdorf explained that when we fail to reach our goals, “we can be empowered. . . . Even though we might fall short of our finish line, just continuing the journey will make us greater than we were before.” Ask family members to share experiences in which they learned more from the process than they learned from the outcome, such as graduating from school or receiving an award.

work and glory is “to bring to pass the immortality and eternal life of man” (Moses 1:39).

Our personal goals can bring out the best in us. However, one of the things that derail our efforts in making and keeping resolutions is procrastination. We sometimes delay starting, waiting for the right moment to begin—the first day of a new year, the beginning of summer, when we’re called as bishop or Relief Society president, after the kids get into school, after we retire.

You don’t need an invitation before you start moving in the direction of your righteous goals. You don’t need to wait for permission to become the person you were designed to be. You don’t need to wait to be invited to serve in the Church.

We can sometimes waste years of our lives waiting to be chosen (see D&C 121:34–36). But that is a false premise. You are already chosen!

At times in my life I have spent sleepless nights grappling with issues, worries, or personal sorrows. But

no matter how dark the night, I am always encouraged by this thought: in the morning the sun will rise.

With every new day, a new dawn comes—not only for the earth but also for us. And with a new day comes a new start—a chance to begin again.

### **But What If We Fail?**

Sometimes the thing that holds us back is fear. We might be afraid that we won’t succeed, that we will succeed, that we might be embarrassed,

that success might change us, or that it might change the people we love.

And so we wait. Or give up.

Another thing we need to remember when it comes to setting goals is this: We almost certainly will fail—at least in the short term. But rather than be discouraged, we can be empowered because this understanding removes the pressure of being perfect right now. It acknowledges from the beginning that at one time or another, we may fall short. Knowing this up front takes

away much of the surprise and discouragement of failure.

When we approach our goals this way, failure doesn't have to limit us. Remember, even if we fail to reach our ultimate, desired destination right away, we will have made progress along the road that will lead to it.

And that matters—it means a lot.

Even though we might fall short of our finish line, just continuing the journey will make us greater than we were before.

### The Best Time to Begin Is Now

An old proverb says, “The best time to plant a tree is 20 years ago. The second-best time is now.”

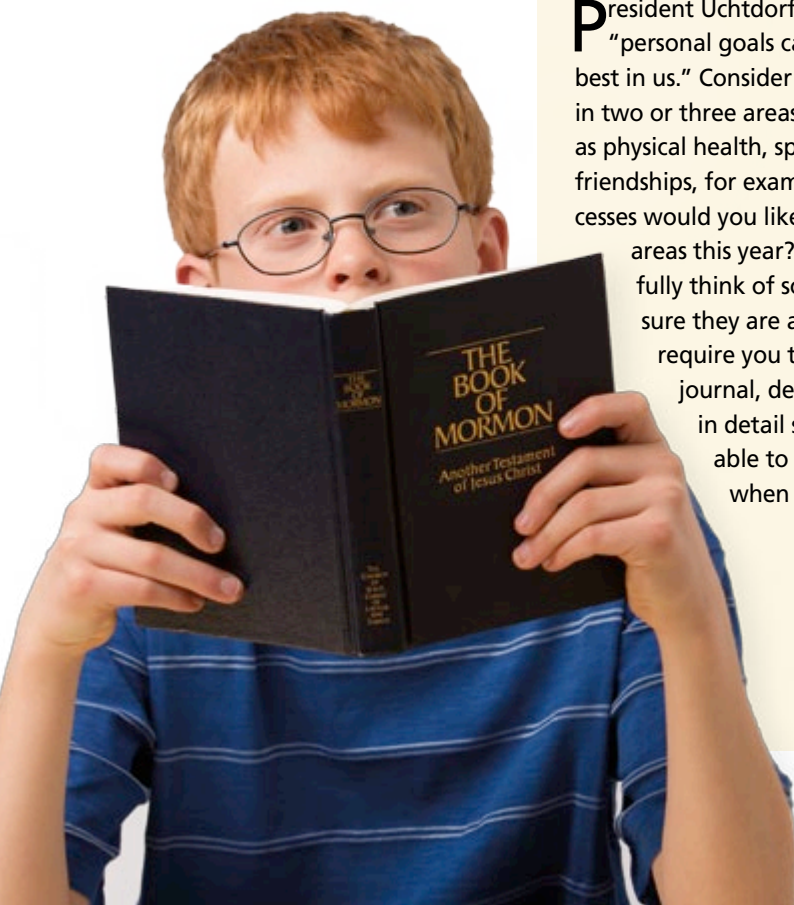
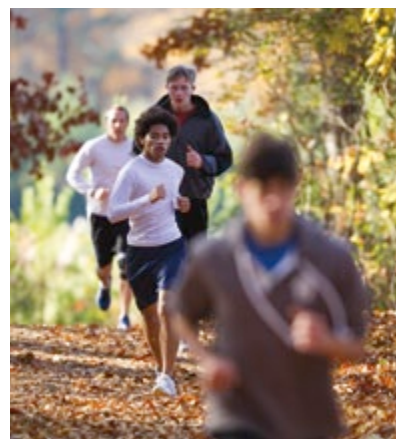
There is something wonderful and hopeful about the word *now*. There is something empowering about the fact that if we choose to decide now, we can move forward at this very moment.

*Now* is the best time to start becoming the person we eventually want to be—not only 20 years from now but also for all eternity. ■

## YOUTH

### Become Your Best Self—Starting Now

President Uchtdorf teaches that “personal goals can bring out the best in us.” Consider setting some goals in two or three areas of your life, such as physical health, spiritual health, and friendships, for example. What successes would you like to have in these areas this year? As you prayerfully think of some goals, make sure they are attainable but will require you to grow. In your journal, describe your goals in detail so that you will be able to see your progress when a year passes.





Prayerfully study this material and seek to know what to share. How will understanding the life and mission of the Savior increase your faith in Him and bless those you watch over through visiting teaching? For more information, go to [reliefsociety.lds.org](http://reliefsociety.lds.org).

# The Divine Mission of Jesus Christ: Exemplar

This is part of a series of Visiting Teaching Messages featuring aspects of the mission of the Savior.

As we understand that Jesus Christ is our example in all things, we can increase our desire to follow Him. The scriptures are full of encouragement for us to follow in Christ's footsteps. To the Nephites, Christ said, "For the works which ye have seen me do that shall ye also do" (3 Nephi 27:21). To Thomas, Jesus said, "I am the way, the truth, and the life: no man cometh unto the Father, but by me" (John 14:6).

Today our leaders remind us to set the Savior as our example. Linda K. Burton, Relief Society general president, said, "When each of us has the doctrine of the Atonement written deep in our hearts, then we will begin to become the kind of people the Lord wants us to be."<sup>1</sup>

President Thomas S. Monson said, "Our Lord and Savior, Jesus Christ, is our Exemplar and our strength."<sup>2</sup>



Let us resolve to draw near to Jesus Christ, to obey His commandments, and to strive to return to our Heavenly Father.

## From the Scriptures

2 Nephi 31:16; Alma 17:11; 3 Nephi 27:27; Moroni 7:48

## NOTES

1. Linda K. Burton, "Is Faith in the Atonement of Jesus Christ Written in Our Hearts?" *Ensign*, Nov. 2012, 114.
2. Thomas S. Monson, "Meeting Life's Challenges," *Ensign*, Nov. 1993, 71.
3. "How Great the Wisdom and the Love," *Hymns*, no. 195.
4. Dieter F. Uchtdorf, "Happiness, Your Heritage," *Ensign*, Nov. 2008, 120.



## Faith, Family, Relief

### From Our History

"He marked the path and led the way," wrote Eliza R. Snow, second Relief Society general president, of the mortal ministry of Jesus Christ.<sup>3</sup> He ministered to individuals—one by one. He taught that we should leave the ninety and nine to save the straying one (see Luke 15:3–7). He healed and taught individuals, even taking time for each person in a multitude of 2,500 people (see 3 Nephi 11:13–15; 17:25).

Of Latter-day Saint women, President Dieter F. Uchtdorf, Second Counselor in the First Presidency, said: "You wonderful sisters render compassionate service to others for reasons that supersede desires for personal benefits. In this you emulate the Savior . . . His thoughts were always tuned to help others."<sup>4</sup>

### What Can I Do?

1. Why and how is Jesus Christ my exemplar?
2. How can ministering to the sisters I visit help me follow the Savior?

# OCTOBER 2013 CONFERENCE NOTEBOOK

*“What I the Lord have spoken, I have spoken; . . . whether by mine own voice or by the voice of my servants, it is the same” (D&C 1:38).*

*As you review the October 2013 general conference, you can use these pages (and Conference Notebooks in future issues) to help you study and apply the recent teachings of the living prophets and apostles and other Church leaders.*



## Prophetic Promise: Facing Trials

“Our Heavenly Father, who gives us so much to delight in, also knows that we learn and grow and become stronger as we face and survive the trials through which we must pass. We know that there are times when we will experience heartbreaking sorrow, when we will grieve, and when we may be tested to our limits. However, such difficulties allow us to change for the better, to rebuild our lives in the way our Heavenly Father teaches us, and to become something different from what we were—better than we were, more

understanding than we were, more empathetic than we were, with stronger testimonies than we had before.

“This should be our purpose—to persevere and endure, yes, but also to become more spiritually refined as we make our way through sunshine and sorrow. Were it not for challenges to overcome and problems to solve, we would remain much as we are, with little or no progress toward our goal of eternal life.”

**President Thomas S. Monson, “I Will Not Fail Thee, nor Forsake Thee,” *Ensign*, Nov. 2013, 87.**

To read, watch, or listen to general conference addresses, visit [conference.lds.org](http://conference.lds.org). How is your family applying what you are learning from general conference? Submit your story through [ensign.lds.org](http://ensign.lds.org).

## Answers for You

Each conference, prophets and apostles give inspired answers to questions Church members may have. Use your November 2013 issue or visit [conference.lds.org](http://conference.lds.org) to find answers to these questions:

- What doctrines do we learn in the Articles of Faith? See L. Tom Perry, “The Doctrines and Principles Contained in the Articles of Faith.”
- How can we be involved in missionary work if we feel afraid? See M. Russell Ballard, “Put Your Trust in the Lord.”
- What is tithing used for? See David A. Bednar, “The Windows of Heaven.”
- How can sin and rebellion affect our agency and lead to bondage? See Quentin L. Cook, “Lamentations of Jeremiah: Beware of Bondage.”



### GO AND DO

Elder Robert D. Hales of the Quorum of the Twelve Apostles taught that the greatest blessings of conference come when we:



1. "Gather to hear the words of the Lord."



2. "Return to our homes to live them."

From "General Conference: Strengthening Faith and Testimony," *Ensign*, Nov. 2013, 7.

### PROPHETIC WORDS ON WOMEN AND THE PRIESTHOOD

Elder Neil L. Andersen of the Quorum of the Twelve Apostles asked: "Why are the ordinances of the priesthood administered by men? . . .

"As surely as we know that God's love is 'alike' for His sons and His daughters, we also know that He did not create men and women exactly the same. We know that gender is an essential characteristic of both our mortal and eternal identity and purpose. Sacred responsibilities are given to each gender.

"We know that from the beginning, the Lord established how His priesthood would be administered."

In endnote 12 of this talk, Elder Andersen referred to other prophets who responded to this question. President Gordon B. Hinckley (1910–2008) said, "It was the Lord who designated that men in His Church should hold the priesthood." Elder M. Russell Ballard of the Quorum of the Twelve Apostles said, "The Lord has not revealed why He has organized His Church as He has."

From "Power in the Priesthood," *Ensign*, Nov. 2013, 92.

### FILL IN THE BLANK

1. "Covenant keepers are \_\_\_\_\_ keepers!" (Linda K. Burton, "The Power, Joy, and Love of Covenant Keeping," *Ensign*, Nov. 2013, 113).
2. "Many, without knowing it, are being led by the Lord to places where they can hear the \_\_\_\_\_ and come into His \_\_\_\_\_" (Gérald Caussé, "Ye Are No More Strangers," *Ensign*, Nov. 2013, 50).
3. "Righteousness is more powerful than \_\_\_\_\_" (Boyd K. Packer, "The Key to Spiritual Protection," *Ensign*, Nov. 2013, 27).
4. "In blurring feminine and masculine differences, we lose the distinct, complementary gifts of \_\_\_\_\_ and \_\_\_\_\_ that together produce a greater whole" (D. Todd Christofferson, "The Moral Force of Women," *Ensign*, Nov. 2013, 31).

Answers: 1. commandment; 2. gospel, fold; 3. wickedness; 4. women, men.

# FROM DARKNESS INTO LIGHT

*We can know with a surety when our lives are dark that Jesus Christ can transform that darkness into light as we sincerely repent.*

## Name withheld

There have been times in my life when I felt as if there was no hope for me to be happy or to return to our Father in Heaven. Several years ago I was disfellowshipped from the Church. I had lived a life of pride and sin and had suffered greatly because of my actions. My engagement to the woman I loved didn't work out, my relationships with others were suffering, and I wasn't happy.

Although I wished I had chosen to be humble long before then, I was compelled to be humble and to seek to do the will of the Lord. I started to read the scriptures more frequently, to pray more often, and to seek to serve others. I tried to repair the relationships I had neglected for so long, including my relationship with Heavenly Father. I truly desired a change of heart.

It was early morning as I drove to school one day, and the sun was not yet up. The eastern horizon glowed,

and the western horizon was dark, with a full moon descending behind it. I had developed the habit of conversing with my Heavenly Father while driving. As I prayed during this car ride, my mind was enlightened, and a

new hope was placed within my heart.

I realized that my life was glowing and getting increasingly brighter, just like the eastern horizon. The darkness was dissipating, and my sins, which were as great as that full moon, were



## HAPPINESS THROUGH REPENTANCE

"Do we understand our Heavenly Father's [eagerness] at our every effort to return to him? Even when we are still a great way off, he welcomes our return. We experience joy as the love of our Savior assures us that we can yet be clean, that we will one day be home again. This happiness comes only through repentance.

"As we leave wrongdoing behind and exercise faith in Jesus Christ, we receive a remission of our sins. We sense that our Savior is doing for us what we cannot do ourselves."

Elder Neil L. Andersen of the Quorum of the Twelve Apostles, "The Joy of Becoming Clean," *Ensign*, Apr. 1995, 51.



descending. They were not yet gone, but I knew that they soon would be if I continued my sincere repentance. I had hope that someday my life would be as bright as noonday.

With time and as I prayed for love for my Heavenly Father and others, I became more humble. Increased humility led me to serve God and others more selflessly, and my hope for eternal life and a better future was renewed and replenished. As that hope grew, so did my faith that my Savior, Jesus Christ, is mighty to save and to cleanse me from all unrighteousness. I know the words of Mormon are true: “Ye shall have hope through the atonement of Christ and the power of his resurrection, to be raised unto life eternal” (Moroni 7:41). ■

### WHAT ARE THE CONDITIONS OF REPENTANCE?

The prophet Helaman taught that repentance has conditions:

“The Lord surely should come to redeem his people, but . . . he should not come to redeem them in their sins, but to redeem them from their sins.

“And he hath power given unto him from the Father to redeem them from their sins because of repentance; therefore he hath sent his angels to declare the tidings of the *conditions of repentance*, which bringeth unto the power of the Redeemer, unto the salvation of their souls” (Helaman 5:10–11; emphasis added).

Consider studying the following scriptures to understand better some of those conditions:

- Isaiah 1:16
- Romans 3:23
- 2 Corinthians 7:10
- 1 Nephi 10:21
- 2 Nephi 2:8
- Mosiah 4:9–10
- Alma 34:33
- Doctrine and Covenants 58:42–43

# ADAM

*"Few persons in all eternity have been more directly involved in the plan of salvation . . . than the man Adam."<sup>1</sup>*

Most people know me as the first man to live on the earth, but many don't know that I had a special responsibility before I came to the earth. In the premortal existence, I led God's armies against Satan's armies in the War in Heaven,<sup>2</sup> and I helped Jesus Christ create the earth.<sup>3</sup> I was known as Michael then, which means one "who is like God."<sup>4</sup>

God chose me to be the first man on the earth and placed me in the Garden of Eden, a paradise with many types of plants and animals. He breathed into me "the breath of life"<sup>5</sup> and gave me a new name: Adam.<sup>6</sup>

God told my wife, Eve, and me not to eat the fruit of the tree of knowledge of good and evil.<sup>7</sup> If we didn't eat the fruit, we could stay in the garden and live forever, but we wouldn't be able to "progress by experiencing opposition in mortality"<sup>8</sup> or have children.<sup>9</sup> The choice was ours to make.

Because we chose to eat the fruit, we had to leave the garden and God's presence. This is known as the Fall. We became mortal, experienced both the good and the bad of life, and brought children to earth.<sup>10</sup>

God knew that the Fall would happen—He sent Jesus Christ to atone for our sins and overcome death so that we and our children could return to Him.<sup>11</sup>



Eve and I learned about the gospel of Jesus Christ—including faith in Jesus Christ, repentance, baptism, receiving the gift of the Holy Ghost, and enduring to the end—and we taught it to our children.<sup>12</sup>

Because of my experiences,

my eyes were opened, and I had joy in this life.<sup>13</sup> Remember that you also can feel God’s love and return to Him if you follow Jesus Christ,<sup>14</sup> just as I learned to do. ■

#### NOTES

1. Robert L. Millet, “The Man Adam,” *Ensign*, Jan. 1994, 8.
2. See Revelation 12:7–8.
3. See Robert L. Millet, “The Man Adam,” 10.
4. Guide to the Scriptures, “Michael,” scriptures.lds.org.
5. Genesis 2:7.
6. See Moses 1:34.
7. See Genesis 2:16–17; Moses 3:16–17.
8. *Preach My Gospel: A Guide to Missionary Service* (2004), 49.
9. See 2 Nephi 2:22–23.
10. See Moses 4:22–31; 5:10–11; Alma 12:21–27.
11. See John 3:16–17; 1 Corinthians 15:22; 2 Nephi 9:21; Alma 42:2–15.
12. See Moses 5:1–12, 58–59; 6:51–67.
13. See Moses 5:10.
14. See Mosiah 27:25–26.
15. See Doctrine and Covenants 27:11.
16. See Genesis 5:5.
17. See Doctrine and Covenants 116:1; Daniel 7:9–14.
18. See Doctrine and Covenants 29:26.
19. See Doctrine and Covenants 88:114–16.

FROM LEFT: PAINTING BY DAN BAXTER; ADAM AND EVE IN THE GARDEN, BY LOWELL BRUCE BENNETT; LEAVING THE GARDEN OF EDEN, BY JOSEPH BRICKEY; IN SIMILITUDE, BY JOSEPH BRICKEY; ADAM AND EVE TEACHING THEIR CHILDREN, BY DEL PARSON; ADAM ORDAINING SETH, BY DEL PARSON; ADAM-ONDI-AHMAN, BY DEL PARSON; THE ARCHANGEL MICHAEL DEFEATING SATAN, BY GUIDO RENI/BRIDGEMAN ART LIBRARY/GETTY IMAGES; BACKGROUND FROM ISTOCKPHOTO/THINKSTOCK

#### FACT BOX: ADAM

**Names:** Adam, Father Adam, Ancient of Days, Michael<sup>15</sup>

**Age at time of death:** 930<sup>16</sup>

**Premortal roles:** Led armies of God against Satan; helped Jesus Christ create the earth

**Mortal roles:** Patriarch, husband, and father; helped bring about the Fall; lived the gospel of Jesus Christ

**Postmortal roles:** Will visit his people at Adam-ondi-Ahman,<sup>17</sup> assist in the Resurrection,<sup>18</sup> lead the final battle against Satan<sup>19</sup>

# Enduring Well

**By Elder J. Christopher Lansing**

Area Seventy, North America  
Northeast Area

**T**he plan of salvation is a wonderful plan, and part of that plan includes overcoming obstacles that sometimes get in the way and keep us from accomplishing our hopes and dreams. We all face crises during our time on earth. Some are small and some are large.

A small crisis may be running out of gas on a busy road. A large crisis may be the loss of a loved one, a crippling accident, or a family tragedy. Some crises we bring on ourselves through disobedience to the laws of God or man. Some come upon us through no fault of our own. I suspect that most of us have experienced what could be termed the “bad bounces” of life. Anyone who has ever played a game in which a ball is involved knows all about bad bounces. They are part of the game. They are not predictable in size or frequency.

A good player realizes that bad bounces are a part of life and tries to continue living with faith and courage.

**We should not expect the Lord to remove our challenges just because we promise Him that we will always be faithful if He does. Rather, we are to endure well, and then we will be blessed.**

To stay true to our desire to live with Heavenly Father again, we must find a way to work through obstacles and discover what is really important in life.

## **Just Keep Swimming**

When our only daughter, Lindsay, was young, she and I enjoyed watching movies together. One that we enjoyed and watched together many times was an animated film called *Finding Nemo*. In the movie, Nemo is caught by a scuba diver and ends up in a fish tank in a dentist’s office. His father, Marlin, is determined to find Nemo. Marlin meets a fish named Dory during his journey. They face obstacle after obstacle as they try to find Nemo. Whether the obstacle is big or small, Dory’s message to Marlin is the same: “Just keep swimming.”

Several years later Lindsay served a mission in Santiago, Chile. Missions are hard. Disappointments are many. Each week at the end of my email I wrote,





“Just keep swimming. Love, Dad.”

When Lindsay was expecting her second child, she found out that her unborn baby had a hole in his heart and that he had Down syndrome. As I wrote to her during this very difficult time, I closed my emails, “Just keep swimming.”

Obstacles come into each of our lives, but to get through them and to get where we want to go, we must keep swimming.

One of my favorite passages of scripture is section 121 of the Doctrine and Covenants. It is a wonderful passage in which the Prophet Joseph Smith begins in the depths of despair and rises to celestial heights. This section and sections 122 and 123 come from a letter Joseph wrote to the Church. To better understand these great revelations, we should put them in proper context.

Joseph and a few of his followers were prisoners in the jail at Liberty, Missouri, from December 1838 until April 1839. The jail had no heat, and the food was barely edible. They were in a basement dungeon with a dirt floor and a ceiling so low they could not fully stand up. The Saints, meanwhile, had been driven from their homes. Amid this upheaval, Governor Lilburn W. Boggs issued his infamous extermination order.

Joseph asks, “O God, where art thou? And where is the pavilion that covereth thy hiding place?” (D&C

121:1). This is the same Joseph Smith who had heavenly visitations from God the Father; Jesus Christ; Moroni; John the Baptist; Peter, James, and John; and others. Shortly after his questions in the initial verses, Joseph expresses his frustration:

“Let thine anger be kindled against our enemies; and, in the fury of thine heart, with thy sword avenge us of our wrongs.

“Remember thy suffering saints, O our God; and thy servants will rejoice in thy name forever” (verses 5–6).

The Lord responds to Joseph’s outpouring by saying, “My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment” (verse 7).

Then He teaches Joseph a wonderful principle: “And then, if thou endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes” (verse 8).

The message is straightforward and succinct. We should not expect the Lord to remove our challenges just because we promise Him that we will always be faithful if He does. Rather, we are to endure well, and then we will be blessed. That is a marvelous life lesson for each of us.

More instruction comes in verse 10, where the Lord tells Joseph, “Thou art not yet as Job; thy friends do not contend against thee, neither charge thee with transgression, as they did Job.” Despite how much Job suffered,

we learn, “The Son of Man hath descended below [it] all. Art thou greater than he?” (D&C 122:8).

Section 122 complements section 121. I call it the *if* section. The word *if* appears 15 times. For instance, verse five says, “*If* thou art called to pass through tribulation; *if* thou art in perils among false brethren; *if* thou art in perils among robbers; *if* thou art in perils by land or by sea” (D&C 122:5; emphasis added).

If we substitute those challenges for the challenges we face in the modern world, perhaps we can learn something, such as *if* I have a death in my family or *if* my boyfriend or girlfriend dumps me or *if* I have financial burdens or *if* I were smarter.

After the *ifs*, the Lord says, “Know thou, my son [or daughter], that all these things shall give thee experience, and shall be for thy good” (verse 7). In other words, the challenges we have in life are ultimately helpful and even essential.

“Therefore, dearly beloved brethren,” the Prophet writes, “let us cheerfully do all things that lie in our power; and then may we stand still, with the utmost assurance, to see the salvation of God, and for his arm to be revealed” (D&C 123:17).

Life is full of obstacles, some of which seem insurmountable. We are to endure them cheerfully and faithfully. By so doing, we will ultimately return to live with God forever.

## The Savior's Example

The greatest example we have of endurance is the life of the Savior. The Atonement required that He descend below all things and offer His perfect life on our behalf. In descending below all things, He suffered for all of life's misfortunes and sins, "which suffering caused myself, even God, the greatest of all, to tremble because of pain, and to bleed at every pore, and to suffer both body and spirit" (D&C 19:18).

Jesus knew what was required of Him, and He said in a very human way, "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt" (Matthew 26:39). Nevertheless, He was willing to do His Father's will and endure all things.

## What We Become Makes All the Difference

The business I own today was founded by my father nearly 60 years ago. He died in 1980, leaving me to take the helm of the company at the young age of 30.

In those early years, situations came up that required me to make decisions that affected the future of our frail business. I worked hard to act as my father would have acted, and I spent a great deal of time on my knees, trying to discern what to do. In all those decisions, I never felt a calming influence or any direction one way or another. I ultimately did what I thought was best and moved on. But I was disappointed I had not been able to get any confirmation of my actions.

One night my father came to me in a dream. I began to chide him for not helping me know what to do. He said he was aware of my situation but he was busy where he was and his former business was not terribly important. "Chris, we really don't care about the business up here," he said. "What we care about very much is what you become because of your business."

That was a great lesson I hope I never forget. What we get during our life is inconsequential, but what we become in life makes all the difference.

Sometimes we forget that in premortality we fought alongside the Savior in defense of the Father's plan of moral agency. And we won! Lucifer and his followers were expelled, and we received the opportunity to experience the life we fought for. The Father's plan included the Atonement. Our job is to face our challenges and endure them well. As we do this, the Atonement has meaning in our lives and we fulfill the Lord's work and glory: "to bring to pass the immortality and eternal life of man" (Moses 1:39).

I bear witness that Jesus is the Christ. He is the Savior of the world. He is the Prince of Peace and our Advocate with the Father. I bear witness that the Father knows us by name, loves us despite our imperfections, and will prepare a place for us if we are faithful and endure to the end. ■

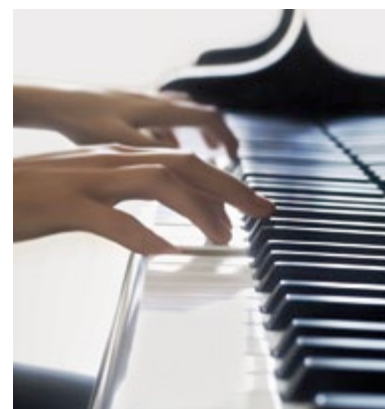
*From a devotional address, "That's Life," given at Brigham Young University-Hawaii on October 30, 2012. For the full address, visit [devotional.byuh.edu/archive](http://devotional.byuh.edu/archive).*



**To stay true to our desire to live with Heavenly Father again, we must find a way to work through obstacles and discover what is really important in life.**

# I Feel God's Love When...

The Creator of the universe has an infinite and perfect love for each of His children. How we recognize and experience this love can be different for each of us. How do you personally feel God's love in your life? We asked young adults to share their experiences.



## I IMMERSE MYSELF IN UPLIFTING MUSIC

Throughout my life, music has always been a very special way that I can feel my Heavenly Father's love for me. Whenever I play the piano, I am filled with peace, joy, and hope for whatever the future holds. It is a reminder that He is mindful of me. Music helps me to connect with God and to communicate with Him openly. Through the Spirit, God uses music to teach and inspire me. When I am immersed in uplifting music, I rarely feel alone because His love surrounds me.

Sister Alexis Walker,  
Russia Samara Mission



## WE CREATE

We are both artists, and supporting each other in our passion for art helps us feel greater love for one another and for God. We feel that making art is a way of communicating, both with others and with God. One of Heavenly Father's foremost roles is that of Creator. When we create we are echoing that divine role, and so we feel close to our Heavenly Father. It doesn't need to be a painting of Christ or a sculpture of the temple in order for us to feel God's love, and we can feel His love throughout the process of creating.

Noah and Becky Coleman, Illinois, USA

## I ATTEND THE TEMPLE

During times of trouble or when the demands of being a wife and mother overwhelm me, I find peace as I step away from my daily cares for a little while and enter the Lord's house. There I can rest and seek the peace and comfort the Lord provides within the temple's sacred walls. There I can draw closer to my Heavenly Father. There I can nourish my spirit. As I go to the temple, trials are easier to bear, I am reminded that my life is beautiful, and I feel God's love for me.

Rebekah Greenway, Virginia, USA



PHOTOGRAPH COURTESY OF ALLISON WILFORD

## I SERVE

When I serve others I feel God's love for me and I recognize that He is happy with my decision to serve. King Benjamin said, "And behold, I tell you these things that ye may learn wisdom; that ye may learn that when ye are in the service of your fellow beings ye are only in the service of your God" (Mosiah 2:17). In serving I have felt God's love not only for me but also for all of His children. Because God loves me, He has given me opportunities to serve others so that I can feel His love for me.

Allison Wilford, Wyoming, USA

## I EXPRESS MYSELF THROUGH DANCE

I remember that when I was a little girl, each time I expressed myself through dancing I felt graceful and beautiful—even though, in reality, I was awkward and clumsy with knobby knees. Expressing myself through dance helps me to connect to the ultimate source of truth and power, God, and I am overwhelmed by His love. On a daily basis the world tries to convince us that we are not good enough. But we are good enough for Him. And He loves us perfectly, despite our imperfections. It is in those sacred moments when I seek to “praise his name in the dance” (Psalm 149:3) that I can find peace and feel the love that Heavenly Father has for me.

Normandie Luscher, Virginia, USA

## WE STUDY THE SCRIPTURES

When we were dating, we made spiritual goals for our relationship. One of those goals was to strengthen our bond with Heavenly Father and to make Him a part of our relationship. We visualized our relationship as a triangle and wanted God to be at the head of it. As we began studying the scriptures together, we felt the Spirit testify to us that God knows us, that He was pleased with our efforts, and that He was happy to know that we were searching His words. We are grateful for the scriptures and that through them we can continue to feel Heavenly Father's love.

Luis and Linda Rosas, California, USA



## I FEEL THE SPIRIT

Evidence of God's love surrounds us every day, but it is in my moments of need that the Spirit whispers to me to take notice, to listen, to see, and to feel of that love. These moments of inspiration and clarity help me to know that God loves me and is mindful of my every feeling and need.

Chandra Trejo, Texas, USA



FROM LEFT: PHOTOGRAPHS BY NEPHI BOREN; INGRAM PUBLISHING/THINKSTOCK, ISTOCKPHOTO/THINKSTOCK

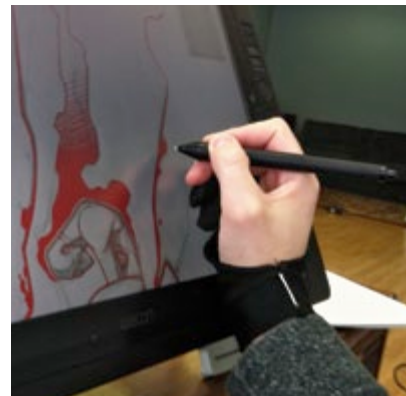
PHOTOGRAPH COURTESY OF BENJAMIN GLADE



## I HOLD MY SON

The moment the doctor placed my son, Max, in my arms for the first time, I was filled with a deep love for a person I had waited nine months to meet and had only known for two minutes. I felt a weight of responsibility and a yearning to help him be successful in reaching his unique potential. I realized that that is how my Heavenly Father feels about me and every one of His children. He loves each of us individually, and His greatest desire is that we be happy and reach our divine potential.

Kyle Christensen, Washington, USA



PHOTOGRAPH COURTESY OF RANDY BISHOP

## I USE THE GIFTS GOD HAS GIVEN ME

I thank my Father in Heaven every day for the blessing it is to be able to do what I love. Whenever I reflect on the circumstances that have allowed me to make art for a living, I am impressed with how the hand of the Lord has guided and encouraged me every step of the way. When I use the talents and gifts that I have been given, I feel a manifestation of His love for me.

Randy Bishop, Idaho, USA

## I EXPLORE HIS CREATIONS

Knowing that God, through His Son, created this earth helps me feel close to my Heavenly Father as I explore nature. As I marvel at the beauty and complexity of the Creation, the rest of the world fades away and I feel Heavenly Father's love for me.

Benjamin Glade, Utah, USA



PHOTOGRAPH COURTESY OF KYLE CHRISTENSEN

Believe God loves you. See November 2013 *Ensign*: Carole M. Stephens, p. 12; Gérald Caussé, p. 49; Terence M. Vinson, p. 104; Thomas S. Monson, p. 121.

Feel God's love as you hear the music of October 2013 general conference. Go to [lds.org/general-conference/music](http://lds.org/general-conference/music).

# THE MEASURE OF OUR CREATION

*How could I progress toward exaltation if I was still single?*

By Joshua Larson

One Sunday, in the process of preparing the sacrament, I noticed that some of the sacrament cups had tiny holes in the bottom corner where the machine that had produced them cut a little too deeply, leaving the cup unable to hold water for a long period of time. In some of the cups, the hole was so miniscule that it took 30 minutes or more for the water to drain. In others where the hole was much larger, the water drained immediately. Because of this defect, I knew I couldn't use them. I thought to myself, "What good is a cup that won't hold water?" Had the cups been the wrong color, size, or shape, it might not have been a problem, but the one thing the manufacturer needed to get right was each cup's ability to hold water. After all, that is the purpose of a cup.

As a single male in my mid-30s, I sometimes feel that, like those sacrament cups, I am not fulfilling my purpose. Marriage continues to be a much-desired goal, but my efforts have not yet borne fruit, leaving me to wonder if I am filling the measure of my creation. Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles once said: "Our course as members of the Church should be compliance with the principles and ordinances of the gospel. Our goal should be to fill the measure of our creation as sons and daughters of our Heavenly Father—that is, to reach exaltation and eternal life."<sup>1</sup> As I have given more thought to the subject, I have realized that filling the measure of our creation goes beyond marital status at a particular point in time. It goes beyond any personally perceived inadequacies we may have.

Many times we lose sight of our divine purpose and the Lord's promises, and the world's measuring stick can cause us to think we are less than adequate. As Elder Wirthlin pointed out, however, the measure of our creation is to reach the exaltation and eternal life promised to those who

remain faithful and obedient. If we are continually progressing with faith in God's promises, we are in a very real sense filling the measure of our creation. If we purge ourselves of unrighteousness so that we are moving along the strait and narrow way of sanctification, we are filling the measure of our creation. If we go forth doing good works, being an instrument in the Master's hands, we are filling the measure of our creation.

Previously I saw the defective sacrament cups as a symbol of my single status. Now, however, I think of them as representing something different and more universal. Much like the punctured sacrament cups, in our lives we each have different-sized holes that have been made not by our Manufacturer but by such things as disobedience, a negative attitude, or pride. These holes allow small portions of the Spirit to be lost from our vessels. But through the infinite healing power of Jesus Christ's Atonement, we can be mended and healed, becoming like new.

I have learned that Heavenly Father wants me to be full of joy. He has given me the means to mend my spirit through the Atonement, thus allowing me to reach my potential as a child of God. Knowing that marriage is essential to exaltation, I trust in the Lord's promises and continue my efforts to find an eternal companion. Meanwhile, my single status doesn't define who I am or who I can become. By focusing on my eternal progression, seeking to be a vessel for the Holy Ghost, engaging in good works, and letting many of the other worries of life fade away, I feel that I am ever closer to filling the measure of my creation. ■

*The author lives in Utah, USA.*

#### NOTE

1. Joseph B. Wirthlin, "Never Give Up," *Ensign*, Nov. 1987, 8.





**STRIVE FOR EXCELLENCE**

“It does not help to become so obsessed with the desire to be married that we miss blessings and opportunities for development while we are single. . . . If you are striving for excellence—if you are trying your best day by day with the wisest use of your time and energy to reach realistic goals—you will be a success whether you are married or single.”

President James E. Faust (1920–2007), Second Counselor in the First Presidency, “Welcoming Every Single One,” *Ensign*, Aug. 2007, 6.



Exaltation

Sanctification

Responding to Holy Ghost

Good Works

Repentance

Obedience

Faith

*Always remember  
that Jesus Christ—  
the Creator of  
the universe, the  
architect of our  
salvation, and  
the head of this  
Church—is in  
control.*



By Elder  
**M. Russell Ballard**  
Of the Quorum of  
the Twelve Apostles



# FACE THE FUTURE WITH **Faith & Hope**

**T**he conditions in the world are uncertain and dangerous, and the economies of the world are unstable and unpredictable. The cherished values of life, liberty, and the pursuit of happiness are under attack by those who want to restrict agency and make us dependent rather than encourage us to use our skills and talents to create new and exciting ways of doing things.

Standards of morality are failing. The family is under attack and is crumbling. Love in the hearts of men and women has waxed cold and is unnatural (see Matthew 24:12; Romans 1:31). There is a continuing breakdown in the integrity, honesty, and righteousness of political, business, and other leaders. Wars and rumors of wars among nations and creeds abound. And even more destructive than any armed conflict is the war raging between good and evil—between the Savior with His army of light and Satan with his evil minions of darkness—for the very souls of the children of God.

President Gordon B. Hinckley (1910–2008) described the world that today's young people are about to enter when he said: "We live in a season when fierce men do terrible and despicable things. We live in a season of war. We live in a season of arrogance. We live in a season of wickedness, pornography, immorality. All of the sins of Sodom and Gomorrah haunt our society. Our young people have never faced a greater challenge. We have never seen more clearly the lecherous face of evil."<sup>1</sup>

We should not be surprised at these circumstances of our time because the scriptures and prophecies about our day testify of what will happen in the world if people turn their backs on God. We will yet experience more unpleasant things, for the devil continues his attempts to accomplish his evil designs. At the same time, the prophets of old who saw our day, who saw today's young generation, knew this time would be an age of light and wonderment such as the world has never before experienced.

As I prepared this message, I asked for guidance to know what message our Heavenly Father would want me to share. The calming and assuring words spoken by the Lord to the Prophet Joseph Smith came to my mind: "Be of good cheer, for I will lead you along. The kingdom is yours . . . , and the riches of eternity are yours" (D&C 78:18).

### **Replace Fear with Faith**

What I believe the Lord wants me to say is that we should replace fear with faith—faith in God and the power of the Atonement of the Lord Jesus Christ.

I can remember as a young 13-year-old boy coming home from priesthood meeting on Sunday, December 7, 1941, to learn from my parents that Japan had just bombed Pearl Harbor. This propelled the United States into a world war that had already been raging in Europe for two years. It seemed that life as we knew it was going to come to an end. There was much uncertainty as many young men were swept up into military service. However, just as now, amid all the conflicts, struggles, and evil influences in the world, there was still much good.

As we think about the future, we should be filled with faith and hope. Always remember that Jesus Christ—the Creator of the universe, the architect of our salvation, and the head of this Church—is in control. He will not permit His work to fail. He will be victorious over all darkness and evil. And He invites us all, members of His Church and others who are the honest in heart, to join in the battle for the souls of God's children. Along with all else we will do in life, we must also dedicate and consecrate our

heart, might, mind, and strength to His cause, walking in faith and working with conviction.

Face the future with optimism. I believe we are standing on the threshold of a new era of growth, prosperity, and abundance. Barring a calamity or unexpected international crisis, I think the next few years will bring a resurgence in the world economy as new discoveries are made in communication, medicine, energy, transportation, physics, computer technology, and other fields of endeavor.

Many of these discoveries, as in the past, will be the result of the Spirit whispering insights into and enlightening the minds of truth-seeking individuals. With these discoveries and advances will come new employment opportunities and prosperity for those who work hard and especially for those who strive to keep the commandments of God. This has been the case in other significant periods of national and international economic growth.

In addition, many of these discoveries will be made to help bring to pass the purposes and work of God and to quicken, including through missionary work, the building of His kingdom on earth today.

### **Do Your Part**

Before the Savior's Second Coming—and based on His divine timetable—the gospel must be taken to every nation, kindred, tongue, and people until it fills the whole earth. As the Prophet Joseph declared: "No unhallowed hand can stop the work from progressing; persecutions may rage, mobs may combine, armies may assemble, calumny may defame, but the truth of God will go forth boldly, nobly, and independent, till it has penetrated every continent, visited every clime, swept every country, and sounded in every ear, till the purposes of God shall be accomplished, and the Great Jehovah shall say the work is done."<sup>2</sup>

As the gospel is carried to billions of spiritually hungry souls, miracles will be performed by the hand of the Lord. Missionaries of many nationalities will serve the Lord throughout the earth. New chapels and many more temples



***Many new discoveries will be made to help bring to pass the purposes and work of God and to quicken, including through missionary work, the building of His kingdom on earth today.***

will be built to bless the Saints, as has been prophesied regarding premillennial growth of the Church.

You may ask, “Where will the financial resources come from to fund this growth?” The resources will come from faithful members through their tithes and offerings. As we do our part, the Lord will bless us with prosperity and with the wisdom to keep our mind focused on what matters most in life: “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

So for yet a season, possibly a short season, it will seem as though the windows of heaven will have truly opened so that “there shall not be room enough to receive it” (Malachi 3:10).

I believe many of today’s young adults will be active participants in temporal blessings if they keep the commandments of the Lord. With prosperity will come a unique challenge—a test that will try many to their spiritual core. As you step into this new world of prosperity and engage in converting your education and skills into financial success, you will always have to distinguish between wants and needs.

### **Seek First the Kingdom of God**

You will have two choices. Will your motivation to build and acquire the blessings of the Lord be for personal gratification, for the recognition of men, and for power, influence, and self-aggrandizement? Or will your motivation be to glorify God, to work to help usher in the growth and expansion of His Church?

Those who seek riches to build up their own egos will find their treasure to be slippery and easily lost in unwise ways (see Helaman 13:31). The welfare of their souls will be in great jeopardy. Jacob, an obedient younger brother of Nephi, warned us:

“And the hand of providence hath smiled upon you most pleasingly, that you have obtained many riches; and because some of you have obtained more abundantly than that of your brethren ye are lifted up in the pride of your hearts, and wear stiff necks and high heads because of the costliness of your apparel, and persecute your brethren because ye suppose that ye are better than they.

“. . . Do ye suppose that God justifieth you in this thing? Behold, I say unto you, Nay. But he condemneth you, and

if ye persist in these things his judgments must speedily come unto you.

“. . . Let not this pride of your hearts destroy your souls!” (Jacob 2:13, 14, 16).

Jacob then put our motivation to acquire wealth in the proper perspective with a promise:

“But before ye seek for riches, seek ye for the kingdom of God.

“And after ye have obtained a hope in Christ ye shall obtain riches, if ye seek them; and ye will seek them for the intent to do good—to clothe the naked, and to feed the hungry, and to liberate the captive, and administer relief to the sick and the afflicted” (Jacob 2:18–19).

The Lord is not telling us that we should not be prosperous or that prosperity is a sin. On the contrary, He has always blessed His obedient children. But He is telling us that we should seek prosperity only after we seek, find, and serve Him. Then, because our hearts are right, because we love Him first and foremost, we will choose to invest the riches we obtain in building His kingdom.

If you choose to seek riches for the sake of riches, you will fall short. You will never be satisfied. You will be empty, never finding true happiness and lasting joy.



### **BE OF GOOD CHEER**

“Though the storm clouds may gather, though the rains may pour down upon us, our knowledge of the gospel and our love of our Heavenly Father and of our Savior will comfort and sustain us and bring joy to our hearts as we walk uprightly and keep the commandments. There will be nothing in this world that can defeat us.

“My beloved brothers and sisters, fear not. Be of good cheer. The future is as bright as your faith.”

President Thomas S. Monson, “Be of Good Cheer,” *Ensign*, May 2009, 92.

The trial of your faith in the next few years will likely not be that you lack the material things of this world. Rather it will be in choosing what to do with the temporal blessings you receive.

Of today’s younger generation, President Ezra Taft Benson (1899–1994) said:

“For nearly six thousand years, God has held you in reserve to make your appearance in the final days before the second coming of the Lord. . . .

“. . . God has saved for the final inning some of His strongest . . . children, who will help bear off the kingdom triumphantly.”<sup>3</sup>

President Thomas S. Monson said, “You are some of our Heavenly Father’s strongest children, and He has saved you to come to the earth ‘for such a time as this’ [Esther 4:14].”<sup>4</sup>

To be a vital part of the “marvelous work and a wonder” (2 Nephi 25:17) of these last days, you must submit your will to God, letting it be swallowed up in His will. As you “press forward with a steadfastness in Christ, having a perfect brightness of hope, and a love of God and of all men . . . feasting upon the word of Christ” (2 Nephi 31:20), searching diligently, praying always, and believing, then as the Lord promises, “all things shall work together for your good” (D&C 90:24).

### **Dedicate and Consecrate**

I urge you to make a commitment to yourself and to Heavenly Father to dedicate your life and to consecrate your time and talents to building up the Church of Jesus Christ in anticipation of the Savior’s Second Coming. Let the motive of your thoughts and actions be to glorify God and to bless your fellowman. Let this desire inspire you to greet each new morning with enthusiasm and let it fuel your thoughts and actions throughout each day.

If you do this, you will be blessed amid a world that is fast losing its way, and you and your loved ones will be secure and happy. This does not mean that you will not face trials and tests, but it does mean you will have the spiritual

## DOCTRINAL POINTS

We can remain optimistic about the future if we:

- Maintain faith in the power of the Atonement of Jesus Christ.
- Put Heavenly Father first in our lives.
- Dedicate our life and consecrate our time to building the kingdom of God.



power to handle them with faith and trust in the Lord.

The purpose of my message is to help you envision your future. Have faith and hope for the bright future you face. Young men are future fathers; young women are future mothers and nurturers. Together you are “a chosen generation, a royal priesthood, an holy nation, a peculiar people” (1 Peter 2:9).

For both men and women, one of your top priorities is to find your eternal companion if you have not already done so. Marriage in the temple will provide you with a companion to help you stay on the right path that leads

back to the presence of our Heavenly Father and the Lord Jesus Christ. We must do our part to continue the preparation for the Second Coming. ■

*From a commencement address given at Brigham Young University–Idaho on April 6, 2012. For the full address, visit [web.byui.edu/devotionalsandspeeches](http://web.byui.edu/devotionalsandspeeches).*

## NOTES

1. Gordon B. Hinckley, “Living in the Fulness of Times,” *Ensign*, Nov. 2001, 6.
2. *Teachings of Presidents of the Church: Joseph Smith* (2007), 142.
3. Ezra Taft Benson, in Thomas S. Monson, “Dare to Stand Alone,” *Ensign*, Nov. 2011, 62.
4. Thomas S. Monson, “May You Have Courage,” *Ensign*, May 2009, 127.





*Counsel repeatedly given to husbands by prophets and apostles consists of three simple words.*

# LOVE YOUR WIFE

If a husband will put his wife's needs above his own, his love for her will increase. That's the counsel given by President Henry B. Eyring, First Counselor in the First Presidency, who repeats a three-word teaching often given to husbands by prophets and apostles: "Love your wife."

"It will take faith and humility to put her interests above your own in the struggles of life," President Eyring says. "You have the responsibility to provide for and to nurture the family with her while serving others. That can at times consume all the energy and strength you have. Age and illness may increase your wife's needs. If you choose even then to put her happiness above your own, I promise you that your love for her will increase."<sup>1</sup>

## **A Sacred Responsibility**

Elder Russell M. Nelson of the Quorum of the Twelve Apostles explains the responsibility that husbands have to love their wives. He says that of all priesthood duties, a husband's primary responsibility is to his wife.

"Priesthood offices, keys, callings, and quorums are meant to exalt families," he says. "Priesthood authority has been restored so that families can be sealed eternally. So brethren, your foremost priesthood duty is to nurture your marriage—to care for, respect, honor, and love your wife. Be a blessing to her and your children."<sup>2</sup>

Another way husbands can be a blessing to their wives is by "[keeping] alive the spirit of romance in [their] marriage," Elder Nelson says. "Be considerate and kind in the tender intimacies of your married life.

Let your thoughts and actions inspire confidence and trust. Let your words be wholesome and your time together be uplifting. Let nothing in life take priority over your wife—neither work, recreation, nor hobby.”<sup>3</sup>

Elder Nelson teaches that “expressions of love and appreciation do more than acknowledge a kind thought or deed. . . . As grateful partners look for the good in each other and sincerely pay compliments to one another, wives and husbands will strive to become the persons described in those compliments.”

And he adds: “Above all, do not be selfish! Generate a spirit of selflessness and generosity. Celebrate and commemorate each day together as a treasured gift from heaven.”<sup>4</sup>

### Lead Out in Love

Husbands can be a blessing to their wives by “lead[ing] out in family activities such as scripture study, family prayer, and family home evening,” says Elder Richard G. Scott of the Quorum of the Twelve Apostles.

He also teaches that husbands should frequently express love to their wives: “Do you tell your wife often how very much you love her? It will bring her great happiness. I’ve heard men tell me when I say that, ‘Oh, she knows.’ You need to tell her. A woman grows and is greatly blessed by that reassurance. Express gratitude for what your spouse does for you. Express that love and gratitude often.”<sup>5</sup>

### Help Each Other

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles teaches about the love and support husbands and wives should share: “One of the great purposes of true love is to help each other. . . . We can endure almost anything if we have someone at our side who truly loves us, who is easing the burden and lightening the load.”

He also explains that “love is a fragile thing, and some elements in life can try to break it. Much damage can be done if we are not in tender hands, caring hands. To give ourselves totally to another person, as we do in marriage, is the most trusting step we take in any human relationship. It is a real act of faith—faith all of us must be willing to exercise. If we do it right, we end up sharing everything—all our hopes, all our fears, all our dreams, all our

weaknesses, and all our joys—with another person.”

Elder Holland points to the need for selfless caring: “True love blooms when we care more about another person than we care about ourselves. That is Christ’s great atoning example for us, and it ought to be more evident in the kindness we show, the respect we give, and the selflessness and courtesy we employ in our personal relationships.”<sup>6</sup>

### Show Love and Gratitude

Elder David A. Bednar of the Quorum of the Twelve Apostles explains that expressions of love and gratitude “do not need to be flowery or lengthy. We simply should sincerely and frequently express love.”

Husbands also show their love by how they treat their wives. As Elder Bednar says: “We should remember that saying ‘I love you’ is only a beginning. We need to say it, we need to mean it, and most importantly we need consistently to show it. We need to both express and demonstrate love.”

Couples can enjoy a richness of joy, trust, and strength, Elder Bednar promises. “Feeling the security and constancy of love from a spouse, a parent, or a child is a rich blessing. Such love nurtures and sustains faith in God. Such love is a source of strength and casts out fear (see 1 John 4:18). Such love is the desire of every human soul.”<sup>7</sup> ■

*Husband and wife support each other in marriage. See November 2013 Ensign: Henry B. Eyring, p. 69; Dallin H. Oaks, p. 72; Russell M. Nelson, p. 106.*

#### NOTES

1. Henry B. Eyring, “Families under Covenant,” *Ensign*, May 2012, 64.
2. Russell M. Nelson, “Nurturing Marriage,” *Ensign*, May 2006, 37.
3. Russell M. Nelson, “Our Sacred Duty to Honor Women,” *Ensign*, May 1999, 39.
4. Russell M. Nelson, “Nurturing Marriage,” 37, 38.
5. Richard G. Scott, “The Eternal Blessings of Marriage,” *Ensign*, May 2011, 95.
6. Jeffrey R. Holland, “How Do I Love Thee?” (Brigham Young University devotional, Feb. 15, 2000), [speeches.byu.edu](http://speeches.byu.edu).
7. David A. Bednar, “More Diligent and Concerned at Home,” *Ensign*, Nov. 2009, 17, 18.

### FAMILY-CENTERED CHURCH

“We know that the marriage of a man and a woman is necessary for the accomplishment of God’s plan. Only this marriage will provide the approved setting for mortal birth and to prepare family members for eternal life.”

**Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “No Other Gods,” *Ensign*, Nov. 2013, 73.**

# EXPONENTIAL INCREASE



**By Mark D. Andrews**

*In matters of love,  
simple interest will not do—  
calculated and posted dispassionately  
at the end of each month.*

*No!*

*In real love,  
daily interest in one another creates more,  
each time to be added upon,  
compounding love into eternal joy.*



### CONSISTENT IN SMALL THINGS

“May every spouse, every child, and every parent . . . become more consistent in the seemingly small things that matter so much.”

Elder David A. Bednar of the Quorum of the Twelve Apostles, “More Diligent and Concerned at Home,” *Ensign*, Nov. 2009, 20.

By Linda Pratt

As I struggled to comfort the fussy baby in my arms and quiet the restless toddler at my feet, a sister walked by on her way to Sunday School. She had seen me in the halls many times because that was where I spent the majority of my time during church.

“I don’t know why you even bother to come!” she laughingly said, echoing my own feelings of frustration. I, too, often wondered what was to be gained from attending church alone with my six small children. I rarely heard a complete talk or lesson. Since my husband served on the high council and sometimes went out of town on business, he was often gone for our ward meetings.

Just getting all six children ready for church was usually cause for exasperation. By the time I had put the last ribbon in place, the baby had invariably spit up on my dress or one of the boys had lost a shoe. Once we arrived at church, it was only a matter of minutes before the baby would need to be changed or the two-year-old would begin crying because there was no room left for him on my lap.

As I considered what that sister had said about why I even bothered, I thought of my childhood. My father was not a member of the Church and never went to meetings with the rest of us. Even though my mother was alone, she always took my three siblings and

PHOTO ILLUSTRATION BY BRYAN NIVEN

# On Sunday We Attend Church



me to church. Not having a spouse with her never stopped her from worshipping at church and doing her best to participate.

Reflecting on my own situation, I realized I would never neglect to meet my children's physical need for food each day. So why should their spiritual nourishment be neglected because my husband couldn't be with us all the time?

It also became easier to go to church when I didn't make the decision week by week. The decision was made once and for all—every Sunday we attend church. I knew it and the children knew it, so they didn't waste time

trying to find excuses not to go. They also knew that being unruly in the meetings was not a way to get me to let them stay home the next week.

As the years went by, though some Sundays were still difficult, the children began to learn how to sit quietly and listen to some of the talks. Occasionally one of the children would even quietly whisper, "I liked that story."

Eventually my children grew up and moved away to start their own families. My daughter called once after a particularly trying day in church with her own toddler. "Sometimes I wonder why I even bother to go," she lamented.

But really she knew why. From lessons learned when she was small, she knew—on Sunday we attend church. ■

*The author lives in Utah, USA.*



*Attending church alone  
with six small children  
was a challenge.  
Why did I even bother?*



# Mexico Unfurled

FROM STRUGGLE TO STRENGTH

*Latter-day Saints in Mexico build on their heritage of faith  
to bring a beautiful future to their country.*

**By Sally Johnson Odekirk**

Church Magazines

**O**n November 6, 1945, prayers were answered when the first group of Mexican Latter-day Saints arrived at the Mesa Arizona Temple to receive temple ordinances in their native tongue. José Gracia, then president of the Monterrey Branch said, “We have come to do a great work for ourselves and for our fathers. . . . Perhaps some of us have made sacrifices, but those that we have made are not in vain. We are joyous in having made them.”<sup>1</sup>

President Gracia and those who traveled to the temple followed in the footsteps of early Mexican Latter-day Saint pioneers, who likewise sacrificed for the restored gospel.

## Laying the Foundation

A land of mountains, deserts, jungles, and exquisite coastlines, ancient Mexico was home to peoples who built beautiful temples and cities. Over the centuries, Mexicans built a strong foundation of faith and prayer that has helped them weather difficult times.

While the Saints were establishing the Church in Utah, the Mexican people were working to restructure their society, including writing a new constitution that separated church and state. The gospel message came to Mexico in 1876 with the first missionaries, who carried selections



*President George Albert Smith visited Mexico and helped unify the members as he reached out to the Third Convention.*

*1810: Mexico declares independence and becomes independent in 1821 after 300 years of Spanish rule.*

*1830: Book of Mormon published and the Church organized in Palmyra, New York, USA.*



*1846–1848: Mexican-American War; Mormon pioneers settle in the Western United States.*



*1857–61: President Benito Juárez reforms Mexican government and establishes religious liberty.*

from the Book of Mormon, which they mailed to prominent Mexican leaders. Baptisms soon followed.

During a special Church conference held on April 6, 1881, branch president Silvano Arteaga, several local leaders, and Apostle Moses Thatcher (1842–1909) climbed the slope of the volcano Mt. Popocatepetl. Elder Thatcher then dedicated the land for the preaching of the gospel.

At the conference President Arteaga prayed, and Elder Thatcher related: “Tears flowed down his wrinkled cheeks, for the deliverance of his race and people. . . . I never heard any man pray more earnestly, and though praying in a language which I do not comprehend, yet I seemed to understand by the Spirit, all that he was pleading for.”<sup>2</sup>

During this same time, several Mexican branches were established in the area. Desideria Yañez, an elderly widow in the state of Hidalgo, had a dream about Parley P. Pratt’s pamphlet *A Voice of Warning*. She sent her son to Mexico City to obtain a copy of the pamphlet, which had just been

translated into Spanish. She joined the Church in 1880, becoming the first woman to join the Church in Mexico.<sup>3</sup>

From that time on many members of the Church in Mexico remained faithful through decades of revolution, persecution, poverty, and isolation.<sup>4</sup>

## Examples of Faithful Pioneers

One example of this faithfulness is found in the branch of San Pedro Martir, organized in 1907. Early members met together just south of Mexico City in an adobe building built by newly baptized Agustin Haro, who was called to preside over the branch. During the difficult years of the Mexican Revolution, when at least one million Mexicans were killed, many Saints sought refuge in San Pedro as their states became a battleground. The Relief Society sisters in San Pedro provided these refugees with much compassionate service.<sup>5</sup>

Members were also blessed with dedicated leaders such as Rey L. Pratt. Called as president of the Mexico Mission in





1907, he served in that calling until his passing in 1931. He loved the history, culture, and people of Mexico and gained their love and trust as they worked together to strengthen the Church's foundation there. President Pratt's efforts to build up native Mexican Church leaders proved especially important in 1926 when the Mexican government began enforcing the law that prohibited nonnatives from presiding over congregations in Mexico.<sup>6</sup> During this time a group of members formed what was

Fielding Smith (1876–1972), then a member of the Quorum of the Twelve Apostles, said, "I see no reason why the English language should monopolize the temple session."<sup>8</sup> Elder Antoine R. Ivins of the Seventy and Eduardo Balderas in the Church's translating department were asked to translate the temple ordinances into Spanish. This translation set the stage for temples to be built in other lands.<sup>9</sup>

With the temple ceremony available in Spanish at the Mesa Arizona Temple and with



## A PEOPLE FAVORED OF THE LORD

"Who can doubt that out of the present struggle will grow a greater and better Mexico. . . . The way [will] be prepared for the teaching of the true Gospel unto the people of that land, the Gospel that is to bring about their redemption and make them a people favored of the Lord."<sup>17</sup>

**Rey L. Pratt, president of Mexico Mission during the Mexican Revolution**

*1875: Portions of the Book of Mormon translated into Spanish and printed.*

*1876: First missionaries journey to Mexico.*



*1881: Special conference held; Apostle Moses Thatcher dedicates the land for missionary work.*



*1885: Mormon colonies established in Mexico.*

*1886: Full text of the Book of Mormon published in Spanish.*

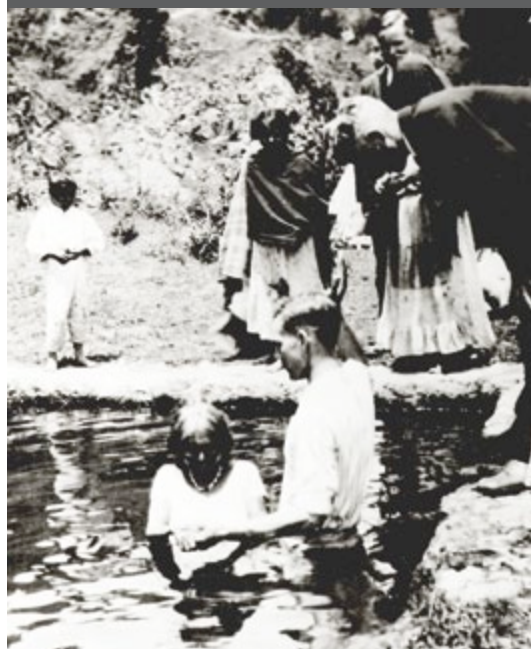
called the Third Convention and began calling their own leaders and building meetinghouses.

### Building on the Foundation

Arwell L. Pierce was called as president of the Mexican Mission in 1942. Drawing upon his experiences while growing up in Chihuahua and serving a mission in Mexico, President Pierce reached out with love and understanding as he taught, strengthened, and helped unify the members. He also worked with the members of the Third Convention to resolve their concerns.

One of President Pierce's goals was to help members get to the temple.<sup>7</sup> In 1943 efforts to make temple blessings available to more members were underway. After meeting with local Church leaders in Arizona, USA, Elder Joseph

*Early members often sacrificed a great deal for the gospel.*





## AN ASTOUNDING FUTURE

“I think the future of the Church in Mexico is going to astound everyone, even those who have been involved with it. Mexicans are very familiar with the society they live in, and there are some things in it that they don’t want. They look at what the gospel offers; they want it, and they are willing to pay any price for it.”<sup>18</sup>

Elder Daniel L. Johnson,  
Mexico Area President

a visit from Church President George Albert Smith (1870–1951) to Mexico in 1946 to help unify the Mexican Saints,<sup>10</sup> the Church began to grow in a way that earlier generations had only imagined. New missions and stakes were created throughout the country, and Church-sponsored schools encouraged education.

In 1964 the Church dedicated El Centro Escolar Benemérito de las Américas, a school that served the educational, social, spiritual, and leadership needs of the members until

than we would have imagined possible—a conference in our own land.”<sup>13</sup>

The 1970s were an exciting time of growth in Mexico. In 1970 there were nearly 70,000 members in the country; by decade’s end there were close to 250,000. Three years after the area conference, Elder Howard W. Hunter (1907–95) divided three existing stakes to create 15 stakes in one weekend, calling many young Mexican members as leaders.<sup>14</sup>

Missionary work also expanded during this

*1889: Missionaries withdraw from central Mexico.*

*1901: Proselyting resumes in Mexico City area.*

*1910: Start of the Mexican Revolution.*



*1912: Exodus from Mormon colonies, in northern Mexico.*

*1913: Missionaries withdraw due to revolutionary activities; mission president Rey L. Pratt leads the Church in Mexico through correspondence and works with Spanish-speaking people in the United States.*

becoming a missionary training center in 2013.<sup>11</sup> Sister Lorena Gómez-Alvarez, who graduated from the school, says, “Benemérito helped me to discover and develop my talents and to gain a background and a knowledge of the gospel that has blessed my life. It will now help missionaries spread the gospel and will still bless people’s lives, just in a different way.”<sup>12</sup>

### An Era of Growth

The 1972 Mexico City area conference was another turning point in Church growth. Members traveled great distances to hear President Harold B. Lee (1899–1973), his counselors, several Apostles, and other leaders. The Tabernacle Choir performed there, adding to the spiritual feast. Conference attendees exclaimed, “It is more

time. The Mexico Mission, officially opened in 1879, was divided for the first time in 1956; now Mexico has 34 missions.<sup>15</sup> Brother Jorge Zamora, who served as a missionary in the Mexico City North Mission in the 1980s, has witnessed the growth. He recalls an area of his mission where members had to travel an hour to attend church; now a stake is there. He says, “It is amazing to me the way the Lord works to build the Church, regardless of what the country or culture is.”

### Temples Dot the Land

Mexican members love the temple’s saving ordinances and are willing to make great sacrifices of time and money to worship there. Just over 100 years after Elder Thatcher dedicated the land for the preaching of the gospel, a temple was built in Mexico City. The 1983





Mexican members participate in community projects. These members were helping plant trees in 2007.

## AGRÍCOL LOZANO HERRERA: FIRST MEXICAN STAKE PRESIDENT

**A**grícol Lozano Herrera was a young member of the Church when he heard President Spencer W. Kimball (1895–1985), then a member of the Quorum of the Twelve Apostles, encourage the members in Mexico to get an education in order to help strengthen their country. Brother Lozano decided to become a lawyer and an advocate for the indigenous people of his country. He was also the chief counsel for the Church in Mexico and served as the first Mexican stake president, as a mission president, as a regional representative to the Twelve Apostles, and as president of the Mexico City Temple.<sup>19</sup>



1921: Missionaries reassigned to Mexico City area.

1926: Mexican nationalism leads to the expulsion of all foreign clergy.

1930s: Local leaders maintain stability of the Church in Mexico.



1945: Temple ceremony translated into Spanish; beginning of excursions to the Mesa Arizona Temple.



open house helped bring the Church out of obscurity in Mexico as thousands visited the temple and requested more information. Within 30 years, 11 more temples were dedicated throughout the country, and another one is under construction.

Isabel Ledezma grew up in Tampico and remembers when her parents were sealed in the Mesa Arizona Temple. “It took two days to travel to Arizona and was very expensive,” she says. “When the Mexico City Mexico Temple was dedicated, the distance was cut to 12 hours by car. With the temple now in Tampico, we can attend often.”

Limhi Ontiveros, who served as president of the Oaxaca Mexico Temple from 2007 to 2010 says, “Those who have a deep, abiding testimony of the gospel find a way to come, even

with the challenges of distance and finances, and they see the temple as a beacon of refuge.”

Sister Ledezma adds, “We need the Spirit in our cities, and having the temple here helps. When we have problems, when we are sad, the temple is close and we find peace there.”

### Overcoming Adversity

Mexican members face common challenges and temptations, but they know that they and their fellow Saints are children of a loving Father; economic status and social status are not factors in how they treat each other.

The Mendez family lives in a small mountain town near the city of Oaxaca, in southern Mexico. They say, “There are challenges of time, finances, and distance, but the will to do what our Savior wants us to do



motivates us to overcome any obstacle.”

Gonzalo Mendez, age 15, says, “When you live in a place where there is danger, temptations can be very difficult, but with the help of prayer we don’t partake of the enticements of the world, and we stand as witnesses to a better way of life.”

### Looking toward the Future

The gospel has long been established in Mexico, but there are still areas where the

God’s name by serving others and preaching the gospel,” Jaime says.

During a recent visit to Mexico, Elder Neil L. Andersen of the Quorum of the Twelve Apostles met with the youth from three stakes in the city of Cancun. Of his time with these youth, he said, “We saw the light in their eyes and the hope in their faces and the dreams they have. I kept thinking about what a beautiful future Mexico has.”<sup>16</sup> ■

1946: President George Albert Smith visits Mexico.



1950s: Districts and branches created in nearly all Mexican states.

1961: The Mexico City Stake created with Harold Brown as president.



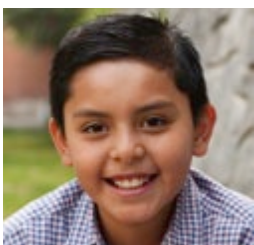
1964: Benemérito School opens in Mexico City.

1967: Second stake in Mexico City organized; Agricol Lozano Herrera called as first Mexican stake president.

1972: Area Conference in Mexico City.



Church is developing. Jaime Cruz, age 15, and his family are the only members of the Church in their small town in the mountains above Oaxaca City. He and his friend Gonzalo work on home-study seminary during the week. Every Saturday they travel two hours by bus to go to the nearest chapel for seminary class with other youth from their ward. Jaime shares what he learns in seminary with his classmates at school and answers their questions. Jaime’s younger brother, Alex, a deacon, is a leader among his friends. Alex says that when he asks them nicely not to use bad language or wear inappropriate clothing, they listen to what he says. Jaime and Alex both know that holding the priesthood is an honor and a responsibility. “I know that the priesthood is given to young men to glorify

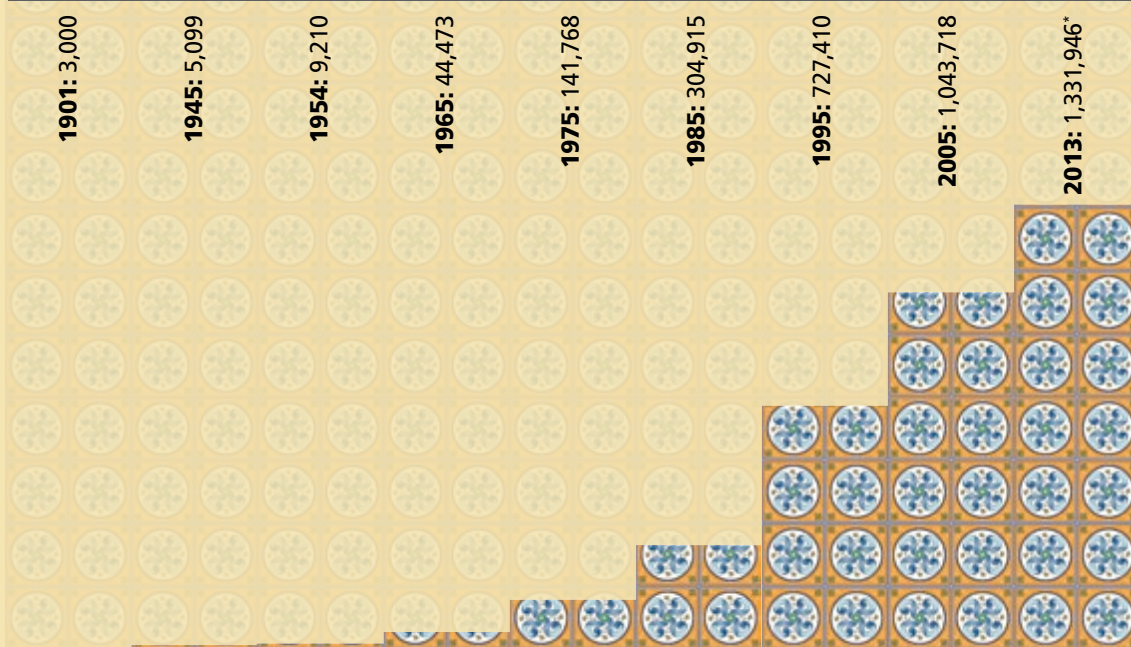


### NOTES

1. Henry A. Smith, “200 Lamanites Gather in History-Making Conference, Temple Sessions,” *Church News*, Nov. 10, 1945, 8.
2. Moses Thatcher, in *Moses Thatcher Journal, 1866–1868*, 54.
3. See Brittany A. Chapman and Richard E. Turley Jr., *Women of Faith in the Latter Days*, vol. 1, 1775–1820, 461–70.
4. See Orson Scott Card, “It’s a Young Church in . . . Mexico,” *Ensign*, Feb. 1977, 17–24.
5. See Kirk Henriksen, “Mexican Mormon Pioneers,” a 2010 exhibit in Mexico City Mexico Temple Visitors’ Center.
6. See Gerry R. Flake, “Mormons in Mexico: The First 96 Years,” *Ensign*, Sept. 1972, 20–21.
7. F. LaMond Tullis, “A Shepherd to Mexico’s Saints: Arwell L. Pierce and the Third Convention,” *BYU Studies*, vol. 37, no. 1 (1997), 127–51.
8. See Eduardo Balderas, “Northward to Mesa,” *Ensign*, Sept. 1972, 30.
9. See Eduardo Balderas, “Northward to Mesa,” 30–31.
10. See “The Church Moves On,” *Improvement Era*, July 1946, 446; John D. Giles, “Father Lehi’s Children,” *Improvement Era*, Sept. 1946, 556.
11. See Joseph Walker, “Missionary Surge Prompts LDS Church to Open New MTC in Mexico,” *Deseret News*, Jan. 30, 2013, www.deseretnews.com.
12. This quotation and subsequent quotations from



## GROWTH OF THE CHURCH IN MEXICO



**Temples:** 12  
with 1 more  
announced in  
Tijuana

**Stakes:** 222

**Districts:** 36

**Wards and  
Branches:** 2,000

**Missions:** 35

\*As of June 2013

1975: 12  
new stakes  
organized in  
several areas  
of Mexico.



1983: Mexico City  
Temple dedicated.

1993: Church  
legally rec-  
ognized in  
Mexico.

2000: Nine small temples  
dedicated.



2009: First  
all-Mexican  
Area Presidency  
called.



2013: Missionary training  
center opens in Mexico City.

modern members of the Church in Mexico came from interviews with the author on Feb. 7, 2013.

13. In Jay M. Todd, "The Remarkable Mexico City Area Conference," *Ensign*, Nov. 1972, 88.
14. See Eleanor Knowles, *Howard W. Hunter* (1994), 202.
15. See Don L. Searle, "One Million in Mexico," *Ensign*, July 2004, 34; Kristine Miner, "The Church in Oaxaca, Mexico," *Ensign*, Apr. 2001, 78.
16. From an interview with Audiovisual Department, Apr. 2012.
17. Rey L. Pratt, in *Young Woman's Journal*, vol. 25, no. 9 (1914), 539.
18. From an interview with the author on Apr. 5, 2013.
19. See "Agricol Lozano Herrera: Mexican Mormon Church Leader," <http://mittromneymormon.net/meet-some-mormons-2/meet-some-mormons-2/agricol-lozano-herrera-mexican-mormon-church-leader>.



Seminary students in Oaxaca enjoy  
being together.



Joseph Fielding Smith

# TRUE AND FAITHFUL

## Inspiration from the Life and Teachings of JOSEPH FIELDING SMITH

By Hoyt W. Brewster Jr.

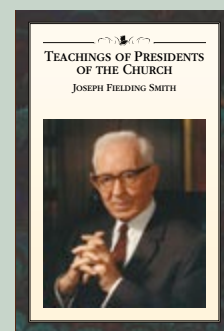
When 33-year-old Joseph Fielding Smith entered the Salt Lake Tabernacle on April 6, 1910, to attend general conference, an usher said to him, “Well Joseph, who is the new apostle to be?”

“I don’t know,” replied Joseph. “But it won’t be you and it won’t be me!”<sup>1</sup>

As the names of the Twelve Apostles were being read for a sustaining vote, Joseph suddenly received an impression that his name might be the next one mentioned. It was, and he was then sustained as the 12th man in that esteemed quorum.

Joseph’s humility and sense of humor were demonstrated when he returned home from the conference to inform his family of his new calling. He greeted his wife with a puzzling statement: “I guess we’ll have to sell the cow,” he said. Undoubtedly, she was surprised as she waited for further explanation. His simple response was, “I haven’t time to take care of it any more!”<sup>2</sup> Thus commenced an apostolic ministry that lasted over six decades.

Grandson of Hyrum Smith, Joseph Fielding Smith was the 10th President of The Church of Jesus Christ of Latter-day Saints. He served longer as a member of the Quorum of the Twelve Apostles before his call to serve as President of the Church than any other Church President. During his 60 years as a member of that quorum of special witnesses, he traveled first by horseback and wagon and later by automobile and jet plane to teach the Saints. His sermons and numerous writings blessed the Church and all who would listen to his inspired messages.



*“Let us be true and faithful always, with a desire to keep the commandments of the Lord and honor Him and remember the covenants we have made with Him.”*



I was invited to write this article because of my relationship to President Joseph Fielding Smith, whom I affectionately called Granddaddy. I was touched by his life from my birth, when he performed my name and blessing ordinance, until his death, when I was among the grandsons who served as pallbearers at his funeral.

### A Foreordained Prophet

As with all of God’s prophets, Joseph Fielding Smith was foreordained to come to earth according to the divine timetable of the Lord (see Acts 17:26). Joseph was the fourth child but first son of Julina Lambson Smith. In the humble spirit of the faithful Old Testament mother Hannah (see 1 Samuel 1:11), Julina

vowed that if the Lord would give her a son, “she would do all in her power to help him be a credit to the Lord and to his father.”<sup>3</sup> The Lord not only answered her petition but also manifested to her, before her son’s birth, that the child would one day be called to serve as one of His special witnesses in the Quorum of the Twelve Apostles.<sup>4</sup>

Joseph was born on July 19, 1876, to Joseph F. and Julina Lambson Smith. At the time of Joseph’s birth, his father was an Apostle and a counselor to President Brigham Young. When Joseph was nine months old, he was taken by his parents to the dedication of the St. George Utah Temple. He would later humorously remark, “My first church assignment was to accompany Brigham Young to the dedication of the St. George Temple.”<sup>5</sup>

When Joseph received his patriarchal blessing at age 19, an inspired patriarch placed his hands on Joseph’s head and declared: “It is thy privilege to live to a good old age and the will of the Lord that you should become a mighty man in Israel. . . . You will indeed stand in the midst of the people a prophet and a revelator to them, for the Lord has blessed you and ordained you to this calling.”<sup>6</sup>

### Family Life: A Mixture of Love and Trials

To Joseph Fielding Smith, “family is the most important organization in time or in eternity.”<sup>7</sup> He was raised

*Above: This photograph of young Joseph Fielding Smith was placed in his parents’ family Bible. Right: Joseph enjoyed playing handball with his brother David. Below: Elder Smith (second from left) with fellow missionaries in England, 1901. The photograph on the opposite page also comes from his time as a missionary. Below, right: Elder Smith (left) with fellow Apostle George Albert Smith and Israel Smith, 1936.*





in a family governed by love, faith, high moral standards, and diligent work ethic, and he sought consistently to bring those same principles into his own family. (See chapters 4, 15, and 16 of *Teachings of Presidents of the Church: Joseph Fielding Smith*.)

He married Louie Emily Shurtliff in the Salt Lake Temple in 1898. One year later he was called on a mission to Great Britain for two years and was loyally supported by his wife. Upon his return, the two resumed their lives together and were blessed with the births of two daughters. Sadly, during a difficult third pregnancy Louie passed away.

In his sorrow Joseph prayed, “Help me, I pray Thee, to so live that I shall be worthy to meet her in eternal glory, to be united again with her, never again to be separated. . . . Help me to rear my precious babies that they shall remain pure and spotless throughout their lives.”<sup>8</sup>

At the urging of his father, the bereaved father of two prayerfully sought for a wife and a mother for his young children. His righteous desires were blessed in having Ethel Georgina Reynolds brought into his life. They were married in November 1908 in the Salt Lake Temple. This marvelous woman became the mother of Joseph’s first two daughters and later gave birth to nine additional children.

On one occasion, his wife’s burdens weighed heavily on the Apostle’s mind as he traveled to a stake conference. He wrote her a letter in which he said: “I am thinking of you and wish I could be with you constantly for the next few weeks, to help take care of you. I will help you all I can as it is, and hope you will be able to *feel* my influence. Tell



the children to be kind to you and to each other.”<sup>9</sup> He then shared with her the deep feelings of his heart in the form of a poem, which later became one of our hymns, “Does the Journey Seem Long?” (no. 127).

Sadly, Ethel passed away in 1937. At the time of her death, there were five unmarried children in the home. Elder Smith felt impressed to seek another wife and companion. In 1938 he married Jessie Evans Smith in the Salt Lake Temple.

One who knew them well wrote: “Despite a difference of twenty-six years in their ages

and differences in temperament, background, and training, Joseph Fielding and Jessie Evans Smith were remarkably compatible. . . . The thing that bridged the wide gulf between these two disparate personalities was the genuine love and respect they had for each other.”<sup>10</sup> (See pages 6–23 of the manual.)

### **A Seeker of Learning by Study and also by Faith**

Joseph Fielding Smith was renowned in the Church as a scribe and gospel scholar. Beginning in his youth, he had an unquenchable desire to “seek learning, even by study and also by faith” (D&C 88:118). He read the Book of Mormon twice before he was 10. When his friends missed him, they would often find him in the hayloft reading the scriptures.<sup>11</sup>

He told a congregation some years later that “from the time I first could read, I have received more pleasure and greater satisfaction out of the study of the scriptures . . . than from anything else in all the world.”<sup>12</sup> (See chapters 10 and 18.)



*Above: President Smith with his sons. Above right: Elder Smith is greeted by President David O. McKay, 1961. Right: President Smith seated on the stand in the Salt Lake Tabernacle. Below: President Smith poses for a photograph at a baseball game, a sport he enjoyed playing as a youth.*



occasionally caused some to misjudge him as an austere man. Although he was unrelenting in his desire to be true to his covenants and to encourage all to embrace the restored gospel of Jesus Christ, there was a gentler side to him that was readily recognized by his family and associates. President Spencer W. Kimball (1895–1985) remarked: “Many times we have said that since the Twelve will be judges of Israel, any of us would be happy to fall into his hands, for his judgment would be kind, merciful, just, and holy.”<sup>14</sup>

On one occasion President Heber J. Grant (1856–1945) complimented President Smith’s scholarship by stating, “I consider you the best posted man on the scriptures of the General Authorities of the church that we have.”<sup>13</sup>

President Smith showed an example of such kindness in a meeting where an accident involving a Church-owned automobile was discussed. An elderly man driving a vegetable truck with no insurance had caused the mishap. After some discussion, it was recommended that the Church pursue the matter in a court of law. However, President Smith spoke up: “Yes, we could do that. And if we press with all vigor, we might even succeed in taking the truck away from the poor man; then how would he make a living?” The committee reversed its recommendation and let the matter rest.<sup>15</sup>

His thirst for learning does not imply that he did not participate in sports and games as a boy or even as an adult. He enjoyed playing baseball and the many games that the youth living in an agricultural society played. As an adult he became an avid handball player and regularly attended his own children’s sporting events. He also participated in sports at family reunions. I fondly remember a softball game when my grandfather hit a line drive that hit the camera of an uncle who was taking pictures from left field.

I experienced the love others had for him as I approached President Harold B. Lee (1899–1973) in the Salt Lake Cemetery following the dedication of President Smith’s grave. I said to him, “President Lee, as a member of the family I want you to know how much I appreciate the kindness you have shown my grandfather.” In

### **A Compassionate Defender of the Faith**

Even before his calling as an Apostle, Joseph Fielding Smith was known as a defender of the faith, which



response he looked me in the eyes and tenderly said, “I loved that man!”

### A True and Faithful Servant

President Smith’s ministry was marked by obedience to the scriptures’ charge to preach repentance (see, for example, D&C 6:9; 11:9). Said he: “It has been my mission, having been so impressed, I think, by the Spirit of the Lord in my travels in the stakes of Zion, to say unto the people that *now* is the day of repentance and to call upon the Latter-day Saints to remember their covenants, . . . urging them to be *true and faithful* in all things.”<sup>16</sup> (See chapter 5.)

Throughout his almost 96 years of life, President Smith prayed that he would remain true and faithful and endure to the end. Indeed, President Boyd K. Packer, current President of the Quorum of the Twelve Apostles, observed: “Even when he was past ninety he would pray that he would ‘keep his covenants and obligations and endure to the end.’”<sup>17</sup>

For President Smith, “true and faithful” was more than an often-repeated phrase. It was a heartfelt expression of his hope for all people—for members of the Church who had made covenants and indeed for all of our Father in Heaven’s children. “We should be first and foremost, . . .” President Smith implored, “for the kingdom of God and His righteousness. Let us be true and faithful always, with a desire to keep the commandments of the

Lord and honor Him and remember the covenants we have made with Him. This is my prayer in behalf of all Israel.”<sup>18</sup> (See chapters 19–22.)

As you prayerfully ponder his inspired teachings, your testimony will be strengthened and you will be blessed with an increased understanding of the pure and simple truths of the gospel of Jesus Christ. This course of study will increase your desire to live to be “true and faithful.” ■

*Note:* The author’s mother, Naomi Smith Brewster, was born the year Joseph Fielding Smith was called to the Quorum of the Twelve Apostles and was the second child of Ethel Georgina Smith, whom President Smith married following the death of his first wife.

#### NOTES

1. *Teachings of Presidents of the Church: Joseph Fielding Smith* (2013), 16.
2. Joseph Fielding Smith Jr. and John J. Stewart, *The Life of Joseph Fielding Smith* (1972), 176.
3. *Teachings: Joseph Fielding Smith*, 1; see also Bruce R. McConkie, “Joseph Fielding Smith: Apostle, Prophet, Father in Israel,” *Ensign*, Aug. 1972, 29.
4. See Bruce R. McConkie, “Joseph Fielding Smith,” 29.
5. Joseph Fielding Smith, quoted in Smith and Stewart, *The Life of Joseph Fielding Smith*, 49.
6. Quoted in Smith and Stewart, *The Life of Joseph Fielding Smith*, vii.
7. *Teachings: Joseph Fielding Smith*, 76.
8. *Teachings: Joseph Fielding Smith*, 275.
9. Joseph Fielding Smith, quoted in Smith and Stewart, *The Life of Joseph Fielding Smith*, 188–89.
10. *Teachings: Joseph Fielding Smith*, 22, 23.
11. See *Teachings: Joseph Fielding Smith*, 4.
12. *Teachings: Joseph Fielding Smith*, 4.
13. Heber J. Grant, in Francis M. Gibbons, *Joseph Fielding Smith: Gospel Scholar, Prophet of God* (1992), 290.
14. Spencer W. Kimball, in Bruce R. McConkie, “Joseph Fielding Smith,” *Ensign*, Aug. 1972, 28.
15. See Lucile C. Tate, *Boyd K. Packer: A Watchman on the Tower* (1995), 176.
16. Joseph Fielding Smith, in Conference Report, Oct. 1919, 88; emphasis added.
17. Boyd K. Packer, “Covenants,” *Ensign*, Nov. 1990, 84.
18. Joseph Fielding Smith, in Conference Report, Oct. 1912, 124–25.

## 2014 COURSE OF STUDY

This year, Relief Society sisters and Melchizedek Priesthood holders will study *Teachings of Presidents of the Church: Joseph Fielding Smith*. This manual will help ensure that President Smith’s inspired teachings will be available for current and future generations, since he died in 1972 when Church membership was just over 3 million. Few who are now living will have a personal memory of President Smith’s exemplary life, but all may be lifted and inspired by the power of his teachings.

As you prayerfully study and ponder President Smith’s teachings, you will discern how the Lord used him as a spokesman to clearly teach principles that bring immeasurable blessings when they are applied. You will study subjects such as these:

- Our relationship to our Father in Heaven and our Savior
- The influence of the Holy Ghost in our lives
- The mission of the Prophet Joseph Smith
- The importance of temple covenants
- How to be in the world but not of the world
- How to prepare for the Second Coming of Jesus Christ by being true and faithful

The manual is available online at [LDS.org](http://LDS.org) and for mobile devices at [mobile.lds.org](http://mobile.lds.org).

# OF SAINTS, OF SHIPS,

*Safe passage through deep waters—the metaphor endures in sacred writing as a symbol of our reliance on God as we journey through life.*



# AND OF THE SEA



By Richard M. Romney  
Church Magazines

Images of oceans and ships abound in the scriptures. The books of Genesis and Moses say that during the Creation, the Spirit of God moved upon the face of the waters, and God created the seas (see Genesis 1:2, 9–10; Moses 2:2, 9–10). A hymn hails Christ as “the Master of ocean and earth and skies” and tells us that the winds and the waves obey His will (“Master, the Tempest Is Raging,” *Hymns*, no. 105).

The Old Testament tells of Noah building the ark (see Genesis 6:14–8:17), of Moses lifting up his rod to part the Red Sea (see Exodus 14:16, 21–22), and of Jonah being cast into and returning from the deep (see Jonah 1:11–15, 17; 2:1, 10). The New Testament tells of fishermen leaving their nets (see Matthew 4:20), of Christ and Peter walking on the water (see Matthew 14:29), and of the Redeemer preaching a sermon on a mount overlooking a sea called Galilee (see Matthew 5–7; Bible photo 23). The Book of Mormon tells of Nephi building a ship (see 1 Nephi 17:8), of Hagoth launching oceangoing explorations (see Alma 63:5–8), and of Jaredites receiving light in their vessels thanks to stones touched by the finger of the Lord (see Ether 6:2).

During the early history of this dispensation, the Savior once again guided His Saints, by the Holy Ghost, through the winds and the waves as ships played a key role in dispersing missionaries and gathering converts to Zion. Today, as Latter-day Saints build the Church wherever they may be, the legacy of Saints, of ships, and of the sea endures as a symbol of our journey through life and our reliance on God to see us through.

## “Thou Shalt Construct a Ship”

More than once in scriptural history, the Lord has commanded a prophet to build a ship, often to the amazement of other people.

Noah, for example, was told to make an ark and was given specific instructions about the size, shape, and construction materials. Though others mocked him, Noah was obedient, and when the great flood came he was able to save his own family as well as the animals of the earth. (See Genesis 6–8.)

The brother of Jared and his fellow travelers, “being directed continually by the hand of the Lord,” built barges that were “light upon the water” and “tight like unto a dish.” Knowing that they would need to have light inside the barges but that they would not be able to use windows, the brother of Jared made 16 molten stones and asked the premortal Christ to touch them. Because of the faith of the brother of Jared, the Lord revealed Himself to him. And thanks to the stones, the people were not forced to travel in darkness. (See Ether 2:6–25; 3:1–13; 6:1–12.)

The Lord also told Nephi, “Thou shalt construct a ship, after the manner which I shall show thee” (1 Nephi 17:8). Nephi willingly began, but his brothers rebelled and were rebuked before they gave their labor. On the great waters, Laman and Lemuel rebelled again until faced with a tempest and destruction. But eventually, under divine guidance, the ship brought Lehi and his family safely to the promised land. (See 1 Nephi 17:9–55; 18.)



*Built entirely by hand and without the use of power tools, fishing boats in Visakhapatnam, India, today (here and below) may remind those who witness their construction of the ship built by Nephi. “We did work timbers of curious workmanship,” the Book of Mormon prophet says, and “the workmanship thereof was exceedingly fine” (1 Nephi 18:1, 4).*



# The Sea and the Shore

**B**ecause so much of Christ's mortal ministry took place on or near the Sea of Galilee, it is not surprising that images of the sea are found throughout the Gospels of Matthew, Mark, Luke, and John, as well as in many hymns.

Peter and Andrew were casting nets when the Savior said, "Follow me, and I will make you fishers of men" (Matthew 4:19).

Christ calmed the storm, and men marveled. "What manner of man is this," they said, "that even the winds and the sea obey him!" (Matthew 8:27). The hymn "Master, the Tempest Is Raging" (*Hymns*, no. 105) captures the drama of this powerful event and turns it into an analogy for the soul rescued from torrents of sin and anguish, comforted by the Savior's message, "Peace, be still."

On the shores of Galilee, Christ went up on a mount and taught the marvelous sermon that contains the Beatitudes (see Matthew 5:3–12; Luke 6:20–23). At their request, He allowed devils to enter into swine that then ran into the water and perished (see Matthew 8:28–32). And He instructed Peter to catch a fish, find a coin inside, and use it to pay tribute to Caesar (see Matthew 17:27).

During and after His mortal life, the Savior told His Apostles where to fish, and their nets were completely

filled (see Luke 5:3–9; John 21:6–11). The resurrected Christ taught Peter, pointing at the ships and fish of his former life and asking, "Lovest thou me more than these?" He then committed him to "feed my sheep" (John 21:15–17).

But perhaps one of the most enduring images from the Sea of Galilee is of Christ walking on the water and bidding Peter to join Him. As Peter walked to the Master, the wind frightened Peter and he began to sink, but the Lord reached out and rescued him. (See Matthew 14:29–31.)

Hymns repeat this theme of deliverance from the storm and encourage us to also reach out and rescue: "Some poor fainting, struggling seaman you may rescue, you may save" ("Brightly Beams Our Father's Mercy," *Hymns*, no. 335). Of course the Savior's Atonement makes such rescue possible.

How fitting, then, that President Thomas S. Monson counsels: "Is there a way to safety? Is there an escape from threatened destruction? The answer is a resounding *yes!* I counsel you to look to the lighthouse of the Lord. . . . There is no fog so dense, no night so dark, no gale so strong, no mariner so lost but what the lighthouse of the Lord can rescue. It beckons through the storms of life. It calls, *'This way to safety. This way to home'*" ("Believe, Obey, and Endure," *Ensign*, May 2012, 127).

*Scriptures recount numerous events involving ships and the sea (opposite page, top): Noah preserved animal life, the Lord provided light for the Jaredite vessels, and Lehi's family crossed the great waters. Much of the mortal ministry of Jesus Christ occurred on or near the Sea of Galilee, including the calming of a terrifying tempest (right). Though the storms of life may seem overpowering (below), living prophets testify that, through the Savior, such storms can still be calmed today.*



LEFT: THE LORD FULLILLETU ALL HIS WORDS, BY CLARK KELLEY PRICE. COURTESY OF CHURCH HISTORY MUSEUM. BROTHER OF JARED SEEING THE FINGER OF THE LORD, BY ARNOLD FRIBERG © 1951 IRI. LEHI AND HIS PEOPLE ARRIVE IN THE PROMISED LAND, BY ARNOLD FRIBERG © 1951 IRI. PHOTOGRAPHS BY RICHARD M. ROMNEY; RIGHT: MASTER, THE TEMPEST IS RAGING, BY WALTER RANE © 2001 IRI; PHOTOGRAPH FROM ISTOCKPHOTO/THINKSTOCK



## The Winds and the Waves

Until the end of the 18th century, ocean voyages were hazardous and lengthy. They were usually a one-way trip for all but explorers, governors, military personnel, and the very wealthy. Emigrants embarked with near certainty that they would never return to their home countries. Yet at a time when the restored Church was enduring persecution and poverty, the Prophet Joseph Smith received the astonishing revelation to send Apostles to England (see D&C 118:4; L. Tom Perry, “What Is a Quorum?” *Ensign*, Nov. 2004, 23–24).

Twenty years earlier, such a journey would have been impossible for missionaries with no means of support other than the kindness of others, and most of those who joined the Church would have been too poor to immigrate to Zion. However, three critical innovations occurred in the 18th and early 19th centuries that helped Saints as well as sailors overcome “the wrath of the storm-tossed sea” (*Hymns*, no. 105).

**Improved Navigation.** For years, navigators could fix latitude with precision, but longitude was only an estimate based on reckoning. When a British fleet sank in 1707, the government offered a prize to the person who could invent a method to precisely determine longitude. Finally, in 1761 a clockmaker named John Harrison designed a marine chronometer that, when perfected, made fixing longitude a routine practice.

*For centuries, sea travel was perilous and slow. Navigation was imprecise, and passage was expensive. But thanks to inspired innovations, the speed, ease, and safety of ocean travel reached a high point precisely when improved transportation would aid missionaries in spreading the gospel and help Latter-day Saints gather to Zion.*







**Packet Ships.** For decades, booking an ocean voyage was a trial of patience. The owner would advertise a ship's departure, then wait until sufficient cargo and passengers had been contracted. When wind and weather seemed favorable, they would depart. Then a merchant named John Thompson, who wanted faster, more reliable service, found partners and created a transatlantic shipping line, with several vessels known as "packet ships" sailing according to a published schedule. By the time the Apostles left for England, a dozen ships a month left New York for Europe, and a dozen more arrived in New York.

**Innovative Design.** Until the early 1800s, oceangoing ships were slow, clumsy, and loaded with cannons to fend off pirates. Then from 1795 through 1815, shipbuilders in Baltimore, Maryland, began building faster vessels, and in 1845 in New York, a naval architect named John W. Griffiths designed what naval historians consider the first true clipper ship, the *Rainbow*. Such speedy ships became widely used and reduced transatlantic crossing time from months to weeks.

Thanks to these inspired innovations, the speed, ease, and safety of ocean travel reached a high point from 1845 through 1860, precisely when improved transportation would aid missionaries in spreading the gospel and help Latter-day Saints gather to Zion. It is also interesting to note that the Erie Canal was completed in 1825, which allowed flat barges to transport a printing press to Palmyra, New York, where the Book of Mormon was printed, and that during the Nauvoo period of Church history, paddle-wheel steamboats brought many Saints up the Mississippi River from New Orleans, Louisiana, to Nauvoo, Illinois. Today, of course, Latter-day Saints are encouraged to build up the Church where they live, and various modes of transportation continue to facilitate the Lord's work. ■

*—Includes information contributed by Brian Bullock, a digital mapmaker from Colorado, USA*



# Preparing FOR PRIESTHOOD ORDINANCES

*You can make your baptism, confirmation, priesthood ordination, and temple endowment and sealing experiences more meaningful.*

By David L. Buckner

As a young man, I served a mission in Ecuador. Three months into my mission I was assigned to serve in the small city of Jipijapa. I soon met Grandpa Francisco Caicedo, an elderly gentleman who, along with his family, had been meeting with the missionaries. He was preparing for baptism and confirmation by embracing the teachings and keeping the commitments the missionaries had given him under the guidance of the Spirit.

During one visit we taught him about the Word of Wisdom. For more than 60 years, however, Grandpa Caicedo had begun his day with his morning coffee. His family farm grew and harvested coffee beans. I recognized the challenges he would face. I asked, “Can you commit to living the Word of Wisdom?” Without the slightest hesitation, he answered, “Yes.” To clarify, I asked, “Grandpa Caicedo, can you give up your coffee?” Again he simply stated, “If you say so, brother, I can do it.” He stopped drinking coffee that day and was baptized.

As Grandpa Caicedo grew in the gospel, he became an

elder. He and his family helped one another prepare to receive the temple ordinances. Grandpa Francisco Caicedo remained faithful until his passing a few years ago. His initial preparation led him to baptism. Additional preparation led him to receive the Aaronic and Melchizedek Priesthoods and eventually to receive the sacred temple ordinances. He believed the saving doctrines and shared his testimony with everyone he knew. His example and testimony helped convert more than 50 people—family and friends—to the gospel.

As a bishop and as the president of the New York New York Stake, I have had the honor of helping many adults like Grandpa Caicedo prepare to receive the essential, saving priesthood ordinances of baptism, confirmation, priesthood ordination where applicable, and the temple ordinances of endowment and sealing. In my experience, part of the preparation includes studying and increasing your understanding of the doctrines associated with each ordinance. I also suggest that you consider the following recommendations for enriching your experience with each ordinance.

## Preparing for Baptism and Confirmation

When I was eight years old, I was baptized and confirmed a member of The Church of Jesus Christ of Latter-day Saints. As an adult, you are in a different position than I was. You can draw from a wider range of personal experience in choosing how to best prepare yourself.

Some of the things you can study and do to prepare for baptism and confirmation may include:

- **Learning about faith in Jesus Christ and what it means to repent of your sins.**
- **Prior to your baptism, prayerfully committing that you will strive to serve Heavenly Father and keep His commandments.**
- **Establishing a lifestyle that includes frequent, daily scripture study and meaningful prayer.**
- **Keeping the commitments—such as paying your tithes and offerings—that you made while studying with the missionaries.**
- **Attending Sabbath day meetings and applicable weekday meetings.**
- **Meeting your bishop or branch president and other members of your ward family. They can be a source of support, inspiration, and fellowship.**
- **Telling your family and friends about the changes you have made in your life and inviting them to support you in these changes.**
- **Sharing the gospel with others. You may want to share your testimony at your baptismal service. Discuss this with the missionaries.**



## Preparing to Receive the Priesthood

As a 12-year-old, I met with my bishop to discuss being ordained a deacon in the Aaronic Priesthood. He taught me that the priesthood is the power and authority to act in God's name. He explained the role of a deacon to me. I learned that although the priesthood is bestowed only on worthy male members of the Church, priesthood blessings are available to all men, women, and children. He encouraged me to ask the Lord to strengthen me so I could fulfill my duties and live worthy of the blessings of the priesthood. I did and was greatly blessed.

Some of the things worthy male members can study and do to prepare to receive the Aaronic or Melchizedek Priesthood may include:

- **Learning the duties of the priesthood by following the righteous example of other priesthood holders.**
- **Studying scriptures that teach about the priesthood (see D&C 20; 84; 107; 121).**
- **Meeting with your parents or family members, your bishop or branch president, the missionaries, or other experienced priesthood holders to discuss priesthood authority, responsibilities, and blessings.**
- **Praying to know how you can fulfill your priesthood duties, acting on the inspiration you receive, and expressing gratitude for the blessings that come through priesthood service.**
- **Participating in your quorum and fulfilling assignments, including home teaching, when asked.**
- **As soon as possible, receiving and using a personal limited-use temple recommend and performing baptisms and confirmations for the dead, if you live near a temple.**
- **If possible, conducting a family meeting and teaching a gospel-centered lesson in your home.**



## Preparing to Receive Your Temple Ordinances

As a stake president, I interviewed a wonderful sister who had been a member for several years but had not yet received her temple endowment. She had taken the temple preparation course more than once, but she thought she needed to be perfect to enter the temple. I told her that the temple is the house of the Lord and a place where we learn through presentations and symbolism about Heavenly Father's eternal plan for His children. It is a holy place, and we must be worthy to enter, but we don't have to be perfect to go to the temple.

She felt encouraged when she realized that receiving her temple ordinances would help her on the pathway to perfection, and she embraced the opportunity to worship in the temple.

Some of the things you can study and do to prepare to receive your temple endowment may include:

- **Attending a temple preparation class.**
- **Studying scriptures that teach about the Creation of the earth, the Fall of Adam and Eve, the Atonement of Jesus Christ, and the covenants you will make in the temple (see Moses 1–6; 2 Nephi 2; D&C 76).**
- **Studying *Preparing to Enter the Holy Temple* (booklet, 2002) or the October 2010 special issue of the *Ensign*, which features temples. Discuss your questions with your bishop or branch president.**
- **Writing about your experiences and feelings before and after receiving your temple endowment and your temple sealing.**
- **Planning and saving for your trip to the temple, if necessary.**
- **Making temple worthiness and regular temple worship (where possible) a lifelong commitment.**





### Learning Line upon Line

Grandpa Francisco Caicedo's preparation for each priesthood ordinance kept him on the path that led to an ever-increasing understanding of the gospel and a strengthened testimony. As with him, the Lord will instruct you from on high as you continue to believe in the gospel and to keep the commandments associated with these marvelous priesthood ordinances.

Be assured that your Heavenly Father knows and loves you. You may feel His love every day of your life. He has prepared a great plan of happiness for His children. You can trust in Him and His promises. Be patient and dedicated as you prepare to receive each of His sacred ordinances and you will learn line upon line, precept upon

precept (see Isaiah 28:10). Regular prayer, gospel study, and Church attendance provide a source of light and lay the foundation for you to progress on your path to eternal life in His presence.

Priesthood ordinances are designed to teach us about Jesus Christ, strengthen our resolve to follow Him, and provide us with opportunities to witness the power of godliness in our lives (see D&C 84:20–22). Baptism and confirmation, priesthood ordination for worthy male members, and the temple ordinances of endowment and sealing are essential steps in your journey to eternal happiness. ■

*All are blessed by priesthood covenants. See November 2013 Ensign: L. Tom Perry, p. 46; Henry B. Eyring, p. 58; Neil L. Andersen, p. 92, Carole M. Stephens, p. 115.*





# THE HEALING POWER OF GRIEF

*Although painful, grief can help bring us closer to the Savior.*

**By Steven Eastmond**

Licensed Clinical Social Worker

**T**he life plan that John (John is a composite of many real people) had in mind for himself didn't include his wife getting cancer in her 60s. He was torn between the hope that she would get better and the reality that his wife continued to decline. When she died, John felt pain he had never experienced.

As the days turned into weeks and the weeks into months, John's pain did not seem to relent. He felt as if he had lost his world, his mind, and his faith all at once, and there did not seem to be any hope. John's grief was consuming, and he could not seem to find comfort.

This story is similar to many shared with me as I worked as a hospice social worker. The loss of a loved one is one of the most difficult trials we can face in mortality. Understanding what grief is and what is common for people to feel when someone dies can help us experience a measure of peace while going through the grieving process.

## **What Is Grief?**

Grief is the emotional, and often physical, response we have when we experience loss. The more profound the loss, the more profound the grief will be. Grief can involve virtually every emotion or can leave us feeling numb and disconnected from the world around us.

Manifestations of grief may include hopelessness, anxiety, anger, denial, guilt, incapacitating fatigue, difficulty in controlling emotions, lack of concentration, loss of interest in people or activities, and feelings of being overwhelmed.

As a result, some, like John, question their faith in Heavenly Father because the pain is so overwhelming. They find it difficult to recognize the help the Lord is extending. Reassuring is the promise from Isaiah: "Surely he hath borne our griefs, and carried our sorrows" (Isaiah 53:4).

Sometimes the hardest part about grief is simply not understanding what is happening. Knowing a few principles

can help us successfully make our own journey through grief.

### **Grief Is Painful, but Do Not Avoid It**

Grief hurts, but it can be the salve that helps us heal when it is allowed to do its work appropriately. The first step in handling grief is to recognize that the pain is a normal part of the process. It needs to be acknowledged, not avoided.

The scriptures are filled with examples of grief, loss, and the associated pain. Job grieved deeply upon learning of the death of all his children (see Job 1:18–21; 2:13; 6:1–3). After a tremendous battle between the Nephites and Lamanites, many thousands were slain, and “surely this was a sorrowful day; yea, a time of solemnity, and a time of much fasting and prayer” (Alma 28:6). Although David’s son Absalom caused him great disappointment and sorrow, David loved him deeply, and the scriptures are clear about the pain he felt upon learning of his son’s death (see 2 Samuel 19:1–4).

Grieving is not a brief process. Be patient with it and give it time. As with a physical wound, the pain of losing a loved one requires time to heal.

### **Feeling Sorrow Does Not Show a Lack of Faith**

After a faithful member of the Church passes away, the surviving family members commonly report feeling profound peace that they will see that loved one again. At the same time, however, family members usually feel



*The Savior has said, “Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die” (D&C 42:45). I have learned that grief is the price we pay for loving someone—and that the price is worth it.*

a song then popular. She was my dear companion for more than two-thirds of a century, my equal before the Lord, really my superior. And now in my old age, she has again become the girl of my dreams.”<sup>1</sup> President Hinckley’s profound grief did not equate to a loss of faith.

### **The Price of Loving Someone**

The Savior has said, “Thou shalt live together in love, insomuch that thou shalt weep for the loss of them that die” (D&C 42:45). I have learned that grief is the price we pay for loving someone—and that the price is worth it. None

tremendous sadness. It is important for us to understand that one can feel both sadness and peace at the same time.

I have worked with many good people who wondered if they had lost faith because they felt profound sorrow at the passing of a loved one. They mistakenly thought that a person with a strong testimony should not feel deeply saddened at a loved one’s passing—as if mourning the loved one’s death were synonymous with a disbelief in the afterlife or the Savior’s promises.

In the October 2004 general conference, President Gordon B. Hinckley (1910–2008) expressed his tender feelings concerning his wife. “My children and I were at her bedside as she slipped peacefully into eternity. As I held her hand and saw mortal life drain from her fingers, I confess I was overcome. Before I married her, she had been the girl of my dreams, to use the words of

of the people I have worked with said they would give up the love they had for a family member in order to avoid the grief that came from losing that family member. When loved ones pass from this side of the veil to the other, they continue to be just as important to us as when they were with us. Because we love them, we can't really expect to completely "get over" losing them.

I have stood at the bedsides of many people as they passed from this life, and I have had countless experiences that have strengthened my knowledge that our loved ones are in many ways as present with us after death as they are during life. We cannot typically see them, but they are often there to help us through our various challenges—including our grief over their passing. President Ezra Taft Benson (1899–1994) taught: "Sometimes the veil between this life and the life beyond becomes very thin. Our loved ones who have passed on are not far from us."<sup>2</sup>

### Grief and the Atonement

Death is part of our existence here on the earth. Nevertheless, through the Atonement and Resurrection of His Son, Heavenly Father has provided a way for us not only to overcome death but also to be comforted and healed. Through the power of the Atonement, "the sting of death" can be replaced by the peace that the Spirit brings (see Alma 22:14).

Elder Merrill J. Bateman, who served as a General Authority from 1992 to 2007, said: "Just as the lame man at the Pool of Bethesda needed someone stronger than himself to be healed (see John 5:1–9), so we are dependent on the miracles of Christ's Atonement if our souls are to be made whole from grief,

sorrow, and sin. . . . Death's sting is softened as Jesus bears the believers' grief and comforts them through the Holy Spirit. Through Christ, broken hearts are mended and peace replaces anxiety and sorrow."<sup>3</sup>

Referring to the sorrowful Friday on which Jesus's followers grieved His death and then to the glorious Sunday on which He was resurrected, Elder Joseph B. Wirthlin (1917–2008) of the Quorum of the Twelve Apostles said:

"Each of us will have our own Fridays—those days when the universe itself seems shattered and the shards of our world lie littered about us in pieces. We all will experience those broken times when it seems we can never be put together again. We will all have our Fridays.

"But I testify to you in the name of the One who conquered death—Sunday will come. In the darkness of our sorrow, Sunday will come.

"No matter our desperation, no matter our grief, Sunday will come. In this life or the next, Sunday will come."<sup>4</sup>

Some nights are much longer than others, but the morning always follows. Death brings deep sorrow, but our joy will exceed our ability to comprehend when our reunion with deceased loved ones finally comes. Yet peace is not reserved for the next life only; we can feel peace now, even in the very moment we are feeling pain. How thankful we can be for the sacrifice of our Savior and the healing power His Atonement can bring us in spite of our grief. "Weeping may endure for a night, but joy cometh in the morning" (Psalm 30:5). ■

#### NOTES

1. Gordon B. Hinckley, "The Women in Our Lives," *Ensign*, Nov. 2004, 82.
2. Ezra Taft Benson, "Life Is Eternal," *Ensign*, June 1971, 33.
3. Merrill J. Bateman, "The Power to Heal from Within," *Ensign*, May 1995, 13.
4. Joseph B. Wirthlin, "Sunday Will Come," *Ensign*, Nov. 2006, 30.



### ANSWERING QUESTIONS

#### What is the purpose of sorrow and suffering?

"Our Heavenly Father . . . knows that we learn and grow and become stronger as we face and survive the trials through which we must pass. We know that there are times when we will experience heart-breaking sorrow, when we will grieve, and when we may be tested to our limits. However, such difficulties allow us to change for the better, to rebuild our lives in the way our Heavenly Father teaches us, and to become something different from what we were—better than we were, more understanding than we were, more empathetic than we were, with stronger testimonies than we had before."

President Thomas S. Monson, "I Will Not Fail Thee, nor Forsake Thee," *Ensign*, Nov. 2013, 87.

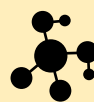
# THE SALT OF THE EARTH

*This common chemical compound has something to teach us about our covenants with God.*

## BIBLE FACTS

- Under the law of Moses, priests put salt on all of the offerings of grains and meats before placing them on the altar (see Leviticus 2:13; Ezekiel 43:23–24).
- The temple in Jerusalem required huge amounts of salt for preparing offerings and tanning hides. Jewish tradition says salt was sprinkled on the ramp leading to the altar so that the priests would not slip. Herod's temple included a salt chamber to store all the necessary salt.
- The phrase "covenant of salt" is used in the Old Testament to signify the desirable and everlasting nature of covenants between God and man (see Numbers 18:19; 2 Chronicles 13:5).
- Anciently, salt was not scarce in the Holy Land. There was a large mine near the Dead Sea and shallow evaporation pools along the Mediterranean coast.

## COMMON SALT

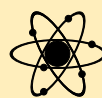


**Chemical Makeup:** Sodium chloride (NaCl), a crystalline compound formed when sodium hydroxide (NaOH)—a base—reacts with hydrogen chloride (HCl)—an acid—to form an ionic bond ( $\text{Na}^+ + \text{Cl}^-$ ).



**Major Uses:** Food preservative, food seasoning.

**Other Uses:** Cleanser, ingredient in soap, aid in leavening, ice-melting agent, agent for tanning animal hides, color-fixing agent in dyeing of textiles, and many others.



**How It Works:** Salt preserves food by stopping the growth of bacteria and destructive enzymes. When salt comes in contact with the surface of food, the salt molecules try to achieve a balance between the number of salt molecules inside and outside the food. It does this by drawing water molecules out of the food and inserting salt molecules into the food through osmosis across semipermeable cell membranes.

As a result, the number of free water molecules is reduced to a point where most bacteria cannot survive and most enzymes cannot operate because, basically, they get dehydrated.





## OUR COVENANT DUTY AS THE SALT OF THE EARTH

“Those who are baptized in the Church of Jesus Christ make covenants. In modern revelation the Lord declared, ‘When men are called unto mine everlasting

gospel, and covenant with an everlasting covenant, they are accounted as the salt of the earth and the savor of men’ (D&C 101:39). To perform our covenant duty as the salt of the earth, we must be different from those around us. . . .

“This requires us to make some changes from our family culture, our ethnic culture, or our national culture. We must change all elements of our behavior that are in conflict with gospel commandments, covenants, and culture.”

Elder Dallin H. Oaks of the Quorum of the Twelve Apostles, “Repentance and Change,” *Ensign*, Nov. 2003, 39.

## LOSING SAVOR



When the Savior talked about salt that has “lost his savor” (Matthew 5:13), He was talking about what happens when salt is mixed with

other substances: it becomes corrupted and therefore cannot be used in the accustomed ways. So we must keep ourselves pure and unstained by sin and worldly things. The Lord has also said that when we disobey and do not fulfill our duty to be “saviors of men,” we “are as salt that has lost its savor” (D&C 103:10; see also verses 8–9).

## HISTORICAL FACT

For a time, the Roman Empire gave its soldiers a ration of salt but eventually replaced it with a fixed sum of money for purchasing salt. This is where the word *salary* comes from (Latin for “salt money”).

“Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.”

Matthew 5:13

## WHAT WE CAN LEARN



### SALT:

- **Prevents decay.** As individuals, we can be personally sanctified through covenants. As a group, those who make and keep sacred covenants can halt the spread of moral decay by living righteously and being a force for good. They also sometimes help prevent the judgments of God from falling on societies that have ripened in iniquity—or over-ripened and rotted (see, for instance, Helaman 13:14).
- **Makes things last.** Throughout the scriptures, God refers to His “everlasting covenant,” promising us eternal blessings (see Topical Guide, “New and Everlasting Covenant”). Those who make and keep covenants also work to spread those covenants throughout the world, extending eternal blessings to more and more of Heavenly Father’s children. As Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles has said, “The key to this work is the keeping of covenants by individuals” (“Keeping Covenants: A Message for Those Who Will Serve a Mission,” *New Era*, Jan. 2012, 4).
- **Enhances flavor.** Our covenants allow us to have the gift of the Holy Ghost, which enhances our spiritual capabilities and purifies our natural feelings. Righteous covenant keepers who are spread throughout the world make the world a better place to live in and are pleasing to Heavenly Father, because they help bring salvation to His children.

# CHOOSING TO FORGIVE

*As we look to God for the strength to forgive and set aside our pride, fear, resentment, and bitterness, we feel hope and peace.*



By Benjamin F. Call

As a cardiologist, I attended a conference for physicians several years ago about the importance of forgiveness. I learned there of scholarly studies showing that choosing to forgive leads to better health, increased optimism, and better relationships with others.<sup>1</sup> In my study of the words of God, I have learned that forgiving others also brings great spiritual blessings, including peace and hope. Perhaps the most important of these blessings is that as we forgive others, we can be forgiven of our own sins. The Lord teaches us that forgiving others is a universal commandment—we are “required to forgive all men” (D&C 64:10).

Yet even when we are aware of the importance of forgiveness, it may be difficult to forgive. Sometimes we allow pride, fear, resentment, or bitterness to discourage us and block our ability to feel hope. But the courage to forgive comes to those who put their faith and trust in the Lord. With His help, we can find the strength to forgive others—whether the wrongdoer has committed a serious sin or an unintended offense. Here are a few suggestions.

**Understand what forgiveness is.** To forgive is to pardon an offense. It is to let go of blame for a past hurt. It is to release a great burden. It is to move ahead with life.

In his last general conference address,

***Failing to forgive magnifies our pain and increases our burdens.***



President James E. Faust (1920–2007), Second Counselor in the First Presidency, cited this definition of forgiveness: “Forgiveness is freeing up and putting to better use the energy once consumed by holding grudges, harboring resentments, and nursing unhealed wounds. It is rediscovering the strengths we always had and relocating our limitless capacity to understand and accept other people and ourselves.”<sup>2</sup>

**Understand what forgiveness is not.** Forgiveness

does not require condoning a wrong, nor does it require allowing a harmful behavior, such as an abusive relationship, to continue. Also, forgiveness is not forgetting—if the offense wounded you enough to require forgiveness, you will likely have a memory of it. As author Lewis B. Smedes explained, “Forgiving what we cannot forget creates a new way to remember. We change the memory of our past into a hope for our future.”<sup>3</sup>

**Understand that failing to forgive magnifies the pain.** Pain, disappointment, and injustice touch every life, often wounding tender hearts. At such times it may seem natural to blame another for things that have gone wrong. When we seek to place blame, however, we actually magnify our pain. This is because the act of blaming focuses our minds and hearts on the past, causing us to relive

the hurt and harbor emotional and spiritual injuries that might otherwise heal. Resisting the urge to place blame is key to our ability to forgive.

Elder Hugh W. Pinnock (1934–2000) of the Seventy taught: “Of course, heartache and pain can be spilled upon us by dishonest, manipulative, or unkind people. Accidents happen that can inflict terrible pain and sometimes lifetime disability. But to judge, blame, and not forgive always intensifies the problem. It pushes healing further into the future.”<sup>4</sup>

In order to fully heal, we need to accept responsibility for

*It can be difficult to find the strength to forgive, but the Savior and His Atonement make it possible.*



our reaction to whatever happens. Taking responsibility for the condition of our hearts allows us to regain control of our lives. Although we cannot always control what happens to us, we can always choose our response. Herein lies the power of our agency.

**Pray for humility.** Humility is the opposite of pride, which is the primary obstacle in our effort to forgive. Pride causes us to blame others for our misfortunes and to shift responsibility for what happens to us onto anyone but ourselves. But the Lord promises, “If they humble themselves before me, and have faith in me, then will I make weak things become strong unto them” (Ether 12:27). According to our humility and faith, the Lord will help us stop blaming others and truly forgive.

*Leave the past behind, and focus your energy on accessing the power to choose to forgive today.*



**Express gratitude.** Expressing gratitude invites the Spirit more fully into our lives, which can soften and change our hearts. Consider keeping a journal of things you are grateful for. Look for manifestations of God’s love each day. As you cultivate an attitude of gratitude, you may find that you can even identify reasons to be grateful for your trials.

**Be patient.** Forgiving when your pain is great may take time. A woman who was recovering from a painful divorce received this wise counsel from her bishop: “Keep a place in your heart for forgiveness, and when it comes, welcome it in.”<sup>5</sup> You can make room for forgiveness through earnest prayer, study, and contemplation. Feasting upon the words of Christ daily will also help you draw closer to Him and will bring great healing power into your life (see 2 Nephi 31:20; Jacob 2:8).

**Leave the past behind.** The past is written in stone and cannot be changed. Focus your energy on today, for today you have the power to choose to forgive.

**Write it down.** When we hold grudges, we keep our wounds alive and fresh. Writing down your feelings can help you move forward. You may find it helpful to record your perspective on the situation and then rewrite your story by retelling it using a loving and forgiving tone. This practice invites the spirit of forgiveness and can bring a sense of closure to grievances and hurt feelings.

**Trust that God will be the perfect Judge.** The Savior said, “I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men” (D&C 64:10). As we forgive, we must have enough faith to allow Christ’s judgment to be judgment enough. He will bring both mercy to the humble and justice to the wicked. Rest assured that God’s judgment will be thorough and fair.

**Cast your burden on the Lord.** Christ beckons, “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). Remember that in addition to taking upon Him the sins of the world, Christ took upon

## ANSWERING QUESTIONS

### Do I have to forgive even if my antagonist remains cold, indifferent, and mean?

“A common error is the idea that the offender must apologize and humble himself to the dust before forgiveness is required. Certainly, the one who does the injury should totally make his adjustment, but as for the offended one, he must forgive the offender regardless of the attitude of the other. Sometimes men get satisfactions from seeing the other party on his knees and groveling in the dust, but that is not the gospel way. . . .

“If there be misunderstandings, clear them up, forgive and forget, don’t let old grievances change your souls and affect them, and destroy your love and lives. Put your houses in order. Love one another and love your neighbors, your friends, the people who live near you, as the Lord gives this power to you.”

*Teachings of Presidents of the Church: Spencer W. Kimball (2006), 91.*

Him our pains and infirmities (see 2 Nephi 9:21; Alma 7:11–12; D&C 18:11). If you allow Him, He can make your burden light.

It can be difficult to find the strength to forgive, but the Savior and His Atonement make it possible. Truly, as we open our hearts to forgive others, we will be blessed with peace. Let us each embrace the healing power of forgiveness. ■

*The author lives in Idaho, USA.*

## NOTES

1. See, for example, Michael E. McCullough, “Forgiveness as Human Strength: Theory, Measurement, and Links to Well-Being,” *Journal of Social and Clinical Psychology*, vol. 19, no. 1 (Spring 2000), 43–55.
2. Sidney B. Simon and Suzanne Simon, as quoted in James E. Faust, “The Healing Power of Forgiveness,” *Ensign*, May 2007, 68.
3. Lewis B. Smedes, *The Art of Forgiving: When You Need to Forgive and Don’t Know How* (1996), 171.
4. Hugh W. Pinnock, “Now Is the Time,” *Ensign*, May 1989, 10.
5. See James E. Faust, “The Healing Power of Forgiveness,” 68.



**By President  
Gordon B. Hinckley  
(1910–2008)**  
Fifteenth President of  
the Church

## THE DIVINE GODHEAD

*Our belief in God the Eternal Father; in His Son, Jesus Christ; and in the Holy Ghost is the pivotal position of our religion.*

*Gordon B. Hinckley, 15th President of the Church, was born on June 23, 1910. He was ordained an Apostle on October 5, 1961, at age 51, and on March 12, 1995, he was sustained as President of the Church.*

In setting forth the primary elements of our doctrine, the Prophet Joseph put this number one:

“We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost” (Articles of Faith 1:1).

[The Prophet also taught]: “It is the first principle of the gospel to know for a certainty the character of God” (*History of the Church*, 6:305).

These tremendously significant and overarching declarations are in harmony with the words of the Lord . . . : “And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent” (John 17:3). . . .

### God the Eternal Father

I believe without equivocation or reservation in God, the Eternal Father.

He is my Father, the Father of my spirit, and the Father of the spirits of all men. He is the great Creator, the Ruler of the Universe. . . . In His image man was created. He is personal. He is real. He is individual. He has “a body of flesh and bones as tangible as man’s” (D&C 130:22).

In the account of the creation of the earth, “God said, Let us make man in our image, after our likeness” (Genesis 1:26).

Could any language be more explicit? Does it demean God, as some would have us believe, that man was created in His express image? Rather, it should stir within the heart of every man and woman a greater appreciation for himself or herself as a son or daughter of God. . . .

. . . As a missionary, I was speaking [in London, England, when a heckler interrupted], “Why don’t you stay with the doctrine of the Bible which says in John (4:24), ‘God is a Spirit?’”

I opened my Bible to the verse he had quoted and read to him the entire verse: “God is a Spirit: and they that worship him must worship him in spirit and in truth.”

I said, “Of course God is a spirit, and so are you, in the combination of spirit and body that makes of you a living being, and so am I.”

Each of us is a dual being of spiritual

entity and physical entity. All know of the reality of death . . . , and each of us also knows that the spirit lives on as an individual entity and that at some time, under the divine plan made possible by the sacrifice of the Son of God, there will be a reunion of spirit and body. Jesus’s declaration that God is a spirit no more denies that He has a body than does the statement that I am a spirit while also having a body.

I do not equate my body with His in its refinement, in its capacity, in its beauty and radiance. His is eternal. Mine is mortal. But that only increases my reverence for Him. . . . I seek to love Him with all my heart, might, mind, and strength. His wisdom is greater than the wisdom of all men. . . . His love encompasses all of His children, and it is His work and His glory to bring to pass the immortality and eternal life of His sons and daughters . . . (see Moses 1:39). . . .

### The Lord Jesus Christ

I believe in the Lord Jesus Christ, the Son of the eternal, living God. I believe in Him as the Firstborn of the Father and the Only Begotten of the Father in the flesh. I believe in Him as an individual, separate and distinct from His Father. . . .

I believe that in His mortal life He was the one perfect man to walk the



earth. I believe that in His words are to be found that light and truth which, if observed, would save the world and bring exaltation to mankind. I believe that in His priesthood rests divine authority—the power to bless, the power to heal, the power to govern in the earthly affairs of God, the power to bind in the heavens that which is bound upon the earth.

I believe that through His atoning sacrifice, the offering of His life on Calvary's hill, He expiated the sins of mankind, relieving us from the burden of sin if we will forsake evil and follow Him. I believe in the reality and the power of His Resurrection. . . . I believe that through His Atonement, . . . each of us is offered the gift of resurrection from the dead. I believe

further that through that sacrifice there is extended to every man and woman, every son and daughter of God, the opportunity for eternal life and exaltation in our Father's kingdom, as we . . . obey His commandments.

None so great has ever walked the earth. None other has made a comparable sacrifice or granted a comparable blessing. He is the Savior and the Redeemer of the world. I believe in Him. I declare His divinity . . . I love Him. I speak His name in reverence and wonder. . . .

. . . Scripture tells of [those] to whom He showed Himself and with whom He spoke as the living, resurrected Son of God. Likewise in this dispensation He has appeared, and those who saw Him declared:

“And now, after the many testimonies which have been given of him, this is the testimony, last of all, which we give of him: That he lives!

“For we saw him, even on the right hand of God; and we heard the voice bearing record that he is the Only Begotten of the Father—

“That by him, and through him, and of him, the worlds are and were created, and the inhabitants thereof are begotten sons and daughters unto God” (D&C 76:22–24).

This is the Christ in whom I believe and of whom I testify.

### **The Holy Ghost**

That knowledge comes from the word of scripture, and that testimony comes by the power of the Holy Ghost.

It is a gift, sacred and wonderful, borne by revelation from the third member of the Godhead. I believe in the Holy Ghost as a personage of spirit who occupies a place with the Father and the Son, these three composing the divine Godhead. . . .

That the Holy Ghost was recognized in ancient times as a member of the Godhead is evident from the conversation between Peter and Ananias when the latter held back a part of the price received from the sale of a piece of land.

“But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost . . . ?

“. . . Thou hast not lied unto men, but unto God” (Acts 5:3–4).

The Holy Ghost [is] the Comforter promised by the Savior who would teach His followers all things and bring all things to their remembrance . . . (see John 14:26).

The Holy Ghost is the Testifier of Truth, who can teach men things they cannot teach one another. . . . A knowledge of the truth of the Book of Mormon is promised “by the power of the Holy Ghost.” Moroni then declares, “And by the power of the Holy Ghost ye may know the truth of all things” (Moroni 10:4–5).

I believe this power, this gift, is available to us today.



### Real and Individual

. . . I believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

I was baptized in the name of these three. I was married in the name of these three. I have no question concerning their reality and their individuality. That individuality was made apparent when Jesus was baptized by John in Jordan. There in the water stood the Son of God. His Father’s voice was heard declaring His divine sonship, and the Holy Ghost was manifest in the form of a dove (see Matthew 3:16–17).

I am aware that Jesus said that they who had seen Him had seen the Father [see John 14:9]. Could not the same be said by many a son who resembles his parent?

When Jesus prayed to the Father, certainly He was not praying to Himself!

### Perfectly United

They are distinct beings, but they are one in purpose and effort. They are united as one in bringing to pass the grand, divine plan for the salvation and exaltation of the children of God.

. . . Christ pleaded with His Father concerning the Apostles, whom He loved, saying:

“Neither pray I for these alone, but for them also which shall believe on me through their word;

“That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us” (John 17:20–21).

It is that perfect unity between the Father, the Son, and the Holy Ghost that binds these three into the oneness of the divine Godhead. ■

*From “The Father, Son, and Holy Ghost,” Ensign, Nov. 1986, 49–51; capitalization and punctuation standardized.*

# SABBATH DAY OBSERVANCE

To many people, Sunday is just another day in the weekend for additional relaxation and entertainment. However, ancient and modern revelation has taught the importance of keeping the Sabbath day holy. On pages 36–37 of this month’s *New Era*, Larry M. Gibson, first counselor in the Young Men general presidency, discusses the important role of Sabbath day observance. Brother Gibson says, “The way we keep the Sabbath day holy is an outward manifestation of our covenant to always remember Jesus Christ.”

As your children learn to keep the Sabbath day holy, they will be prepared to receive many blessings. As Brother Gibson says, “If we will follow and live the divine mandate to keep the Sabbath day holy, the Lord, in turn, will bless us, direct us, and inspire us in solving the issues that confront us.”

## Suggestions for Teaching Youth

- Read Brother Gibson’s article on pages 36–37 of the January *New Era* together. Then discuss what your family can do each week to prepare to keep the Sabbath day holy. In family home evening, you could sing “Gently Raise the Sacred Strain” (*Hymns*, no. 146) or another hymn about the

Sabbath and discuss what your family can do on Sunday to keep the Sabbath day holy.

- Consider reading with your teenagers the section on Sabbath day observance in *For the Strength of Youth*, including the scriptures listed at the end. You could look together for other scriptures about keeping the Sabbath day holy and discuss the principles behind Sabbath day observance.
- You may want to watch related videos and read articles with your teenagers. Go to [youth.lds.org](http://youth.lds.org) and click on the “For the Strength of Youth” tab in the menu. Then click on the section for Sabbath day observance, and you will find related videos and articles on the right side and bottom of that page.

## Suggestions for Teaching Children

- Read “Brand-New Deacon” in the October 2013 *Friend* and discuss the importance of the sacrament in keeping the Sabbath day holy.
- Consider reading “A Lesson in Reverence” in the March 2010 *Friend*; you may also want to do the activity that goes with the article. Discuss with your



## SCRIPTURES ON THIS TOPIC

Exodus 20:8–11

Isaiah 58:13–14

1 Corinthians 11:23–26

3 Nephi 18:3–11

Moroni 6:4–6

Doctrine and Covenants  
59:9–13

children how being reverent at church helps to keep the Sabbath day holy.

- Discuss what your family can do on Sunday to honor the Lord. You may want to read “Decide Right Now” from the March 2012 *Friend* for an example of someone who kept the Sabbath day holy in a difficult circumstance.
- You could sing with your children some songs that relate to the Sabbath, including “Saturday” (*Children’s Songbook*, 196). Talk about ways your family can use Saturday and other days of the week to prepare for Sunday. ■

## MAY I READ THAT BOOK?

About 50 years ago, my missionary companion and I were tracting near the University of Córdoba in Argentina when a young man invited us into his apartment. Immediately it became apparent that he and his roommates had invited us in only to argue about the existence of God.

We didn't want to argue, so instead we agreed to meet later to discuss our message in an environment conducive to learning. When we returned, the young man explained why he believed there was no God. He said man had invented God because of his need to believe in something greater, something supernatural.

When it was our turn, I asked, "How do you know the United States exists?" I testified of its reality and asked if there was other evidence that

proved its existence. He said he had read about it in books and newspapers. I then asked if he believed my testimony and what he had read. He emphatically said he did.

"So we cannot deny the testimonies of those, such as I, from the United States," I said. "Nor can we deny the testimony of those who have written about it." The young man agreed.

I then asked, "Based on this premise, can we deny the testimonies of those who have seen God and written of their experience?" I showed him the Bible, telling him that it contained testimonies of men and women who had seen and talked with God and Jesus Christ. I asked if we can deny the testimonies contained in the Bible, and he reluctantly said no.

I then asked, "What would you think

We gave the young man a Book of Mormon and testified of the love God has for His children.

of a book written by a people other than those in the Bible who saw the same God as the writers of Bible?" He responded that no such book existed.

We showed him the Book of Mormon and taught him of its purpose. We testified that it was true and that God still communicates through living prophets today.

Surprised, the young man said, "I've been able to confound all the preachers from other churches. You have something I've never heard of before. May I read that book?" We gave him the book and testified of the love God has for His children.

Because the semester was ending, we weren't able to visit this young man again before he returned to his home in Bolivia. However, I prayed he would read the book and receive a testimony.

In 2002 I was called to serve as a Spanish branch president in the Provo Missionary Training Center. One Sunday I related the above story to the missionaries. Afterward a missionary from Bolivia told me he had heard an older man in his stake tell the story of his conversion—the same story I relate here.

Tears filled my eyes. After 40 years, I had received an answer to my prayers about the young man from Bolivia. He had come to know of the existence of God and His great plan of happiness. I know that one day we will meet again, and I will rejoice with him in the gospel. ■

Neil R. Cardon, Utah, USA



# MAMÁ SEFI'S TRIP TO THE TEMPLE

One day while I was in the Mexico Mission office back in the 1940s, a sister arrived from the little town of Ozumba, located at the foot of Popocatepetl, an active volcano about 43 miles (70 km) southeast of Mexico City. We all knew her. Her name was Mamá Sefi.

The full-time missionaries lived in her little adobe home, where she always kept a room just for them. Mamá Sefi, not even five feet (1.5 m) tall, earned her livelihood by selling fruit in the marketplaces of towns around Ozumba. Each town had a different market day, and she went to each market to sell her fruit.

She came into the mission office that day carrying a large flour sack. It was full of *tostones*, silver half-peso coins she had saved through the years. Some of the pieces had come from the days of Porfirio Díaz, who ruled Mexico from 1884 to 1911. Mamá Sefi had traveled from Ozumba to the mission home by bus with her sack of money. She told President Arwell L. Pierce she had been saving for many years so she could travel to the Salt Lake Temple to receive her endowment.

She obtained permission to leave the country, a missionary loaned her a suitcase, and we took her to the train. President Pierce telephoned someone in El Paso, Texas, to meet the train across the U.S. border and to put Mamá Sefi on a bus for Salt Lake City. Members of the Spanish branch in Salt

Lake City were to meet the bus, take care of her housing needs, and help her at the temple.

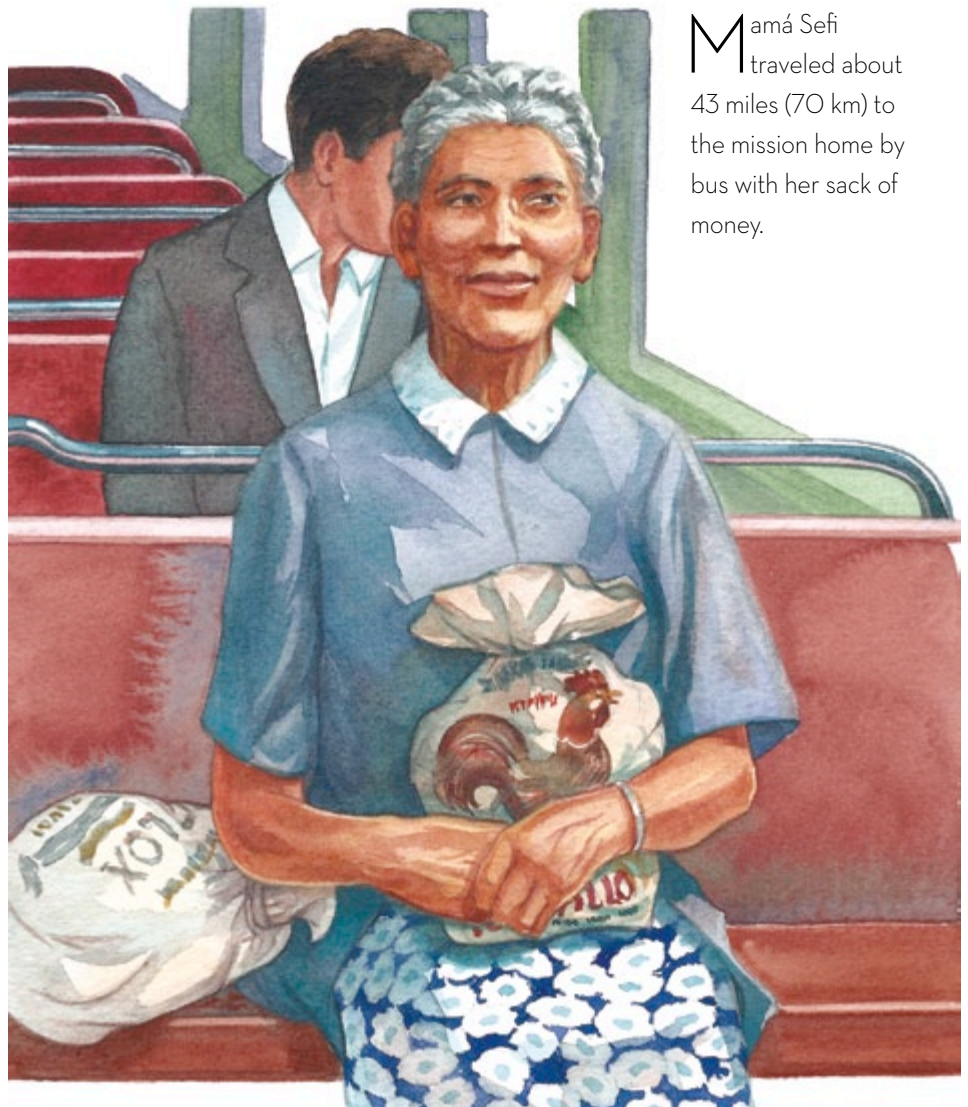
A few weeks later, Mamá Sefi returned to Mexico City and then home to Ozumba. She had made the long journey safely. She then resumed selling fruit in the marketplaces.

Mamá Sefi did not speak English, so we asked her how she had managed to order food while traveling by bus from El Paso to Salt Lake City—a trip

of several days. She said someone had taught her how to say “apple pie” in English, so every time the bus stopped for meals, she would order apple pie.

Because those were the only words she knew in English, she lived on apple pie during her stateside bus travel—going *and* coming. But Mamá Sefi didn't mind. Rather, she returned grateful for and radiant from her experience in the temple. ■

Betty Ventura, Utah, USA



Mamá Sefi traveled about 43 miles (70 km) to the mission home by bus with her sack of money.

## GO FIX HIS STEREO

Our next-door neighbor was the youth minister at a local church, and the youth of his church often visited him. It was not uncommon to see several cars parked in front of his house both day and night.

Some of these teens played loud music on their car stereos all the time. We could hear them coming for several blocks, and as they got closer, the windows in our home would shake. Often the loud music would wake me at night. My annoyance festered, and I began to view these teens as my enemies.

One day while I was raking leaves, I heard a car stereo blaring several

blocks away. The sound soon came closer and got louder. By the time the driver turned the corner and headed for my neighbor's home, I was angry and prayed that Heavenly Father would destroy the stereo.

My desperate prayer turned to one of praise and gratitude when the stereo suddenly went blissfully silent just as he pulled up. I had worked on car stereos and knew by the sound that it hadn't been turned off—it had died.

The young man was upset that his stereo had quit working, and his friends gathered to console him. I, on the other hand, felt a smug satisfaction in witnessing what I thought was the

I felt a smug satisfaction in witnessing what I thought was the hand of God smiting the young man's car stereo.

hand of God smiting the stereo.

But as I continued watching, I realized I was looking at myself as I had behaved many years ago. My heart softened, and I began to think that maybe this boy wasn't my enemy after all. Then the Spirit whispered, "Go fix his stereo."

I was stunned by the prompting and tried to dismiss it. Why should I repair something that was making my life miserable? But the prompting came again, and I followed it.

After I had offered my help, I immediately saw the source of the problem. It was a quick fix. Soon the stereo was playing again as loud as ever.

The young man expressed his gratitude and asked if there was anything he could do for me. I told him I had to get up early for work, and if he could turn down his music in the evenings, I would really appreciate it. He smiled and assured me that he would do so.

Not only did he keep his stereo down at night, but he also became my personal stereo cop and made sure his friends turned down their stereos as well. From then on, we never had a problem with loud music after dark.

Heavenly Father really did hear and answer my prayer. His solution provided peace and quiet, a valuable lesson about following the Spirit, and a better understanding of what it means to "love your enemies" (Luke 6:27). ■

Kent A. Russell, Florida, USA





## HELLO, LITTLE LAMB

**M**y husband and I were assisting our daughter and her two sons at the airport, where they were preparing for their return flight home. We helped our daughter as she juggled luggage, located passports, and managed an active three-year-old. Tommy, our one-year-old grandson, was fast asleep in his stroller until he awakened abruptly. He panicked as he struggled to take in all the noise, bright lights, and general chaos.

I saw his expression and knew what was about to happen, so I cried out to my daughter. She quickly stooped down, cupped Tommy's face in her hands, met his gaze, and lovingly said, "Hello, little lamb."

In an instant his furrowed brow, turned-down mouth, and tensed-up shoulders relaxed as his whole body sighed with relief. He gave a little smile before his heavy eyelids closed again. His fear was replaced by a calm assurance and a peace that seemed to envelop him. It was a small but powerful manifestation of the trust Tommy had in his mother. Her familiar touch, voice, and presence comforted him.

Like Tommy, we all have felt fearful, uncertain, and overwhelmed. It is comforting to know that Jesus Christ, the Good Shepherd, calls out to us. He knows His flock, and we can trust Him completely. He lovingly said, "Peace I leave with you, my peace I give unto you.

. . . Let not your heart be troubled, neither let it be afraid" (John 14:27).

I know that during times of uncertainty we can receive comfort and assurance as we turn to the Good Shepherd with faith and trust. When I am blessed with comfort amid chaos,

I like to recall that moment at the airport with my daughter and grandson. Like Tommy, I breathe a sigh of relief as my burdens are lifted. During those times, I feel a personal "Hello, little lamb" from my Shepherd. ■

Colleen Solomon, Ontario, Canada

**O**ur one-year-old grandson panicked as he struggled to take in all the noise, bright lights, and general chaos of the airport.



## CAN HE SEE ME?

By Teresa Starr

It was the morning before my son, Daniel, had his first day of kindergarten, and he had a few concerns about leaving home to attend school. I wanted to make sure that he felt prepared to meet the challenges in the “real world.” I told Daniel that I would miss him very much while he was away. I assured him that even though I couldn’t be with him at school, he would never need to feel afraid or lonely because his Father in Heaven would watch over him. I reminded him that he could pray anytime, anywhere and that God would always hear him.

As I spoke, Daniel, barely five years old, listened very intently. After some thought he responded, “Can He see me when I’m in my house?”

“Yes,” I assured him.

“Can He see me when I’m outside?” he asked.

“Yes, He can always see you,” I replied.

With a look of excitement, Daniel ran immediately to the backyard. I followed closely behind him. Daniel looked upward at the cloudless, blue sky and asked, “If I look up at the sky and smile, will He see me and will He smile back?”



*Daniel ran into the yard and asked me, “If I look up at the sky and smile, will God smile back at me?”*

Rendered speechless from the lump in my throat and the tug on my heartstrings, I nodded, “Yes!”

Still looking heavenward, this time with squinted, searching eyes and perfect, childlike faith, Daniel thoughtfully asked, “Can I see Him?”

“You might not be able to see Him,” I replied, “but you will know He is there because you will feel His smile in your heart.”

Daniel stood smiling as he gazed into the heavens. From the peaceful look on his angelic face, I knew he was experiencing that divine smile deep in his soul.

From the mouths of babes we learn much about pure faith—the faith we hope they’ll cling to forever. Inevitably they discover that although life is good, it’s sometimes hard. We pray that their faith will sustain them.

When times get tough in my own life, I remember Daniel’s example, and with all the childlike faith a grown-up can muster, I too look searchingly heavenward and ask, “Can He see me?” Then, Daniel-like, I quietly ponder, “Can I see Him?” As I consider the multitude of His tender mercies in my life, the Holy Ghost confirms that I have truly felt Heavenly Father’s love. Renewed in my faith and inspired by hope, the Spirit assures me that I always can. ■

*The author lives in Utah, USA.*

# INSIGHTS



## **What can I do to help prepare my family for life's challenges?**

"The scriptures hold the keys to spiritual protection. They contain the doctrine and laws and ordinances that will bring each child of God to a testimony of Jesus Christ as the Savior and Redeemer. . . . Make scripture reading a part of your regular routine, and the blessings will follow. There is in the scriptures a voice of warning, but there is also great nourishment. . . . Children taught an understanding of the scriptures early in life will come to know the path they should walk and will be more inclined to remain on that path. . . . Peace can be settled in the heart of each who turns to the scriptures and unlocks the promises of protection and redemption that are taught therein."

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**President Boyd K. Packer**, President of the Quorum of the Twelve Apostles, "The Key to Spiritual Protection," *Ensign*, Nov. 2013, 26, 27, 28.



# In Church Magazines

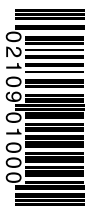
**Ensign:** Our new young adult section begins this month! See pages 14, 18, and 22. Share your voice in an upcoming issue by telling us about ways you love to serve others. Send submissions through [ensign.lds.org](http://ensign.lds.org) by April 22, 2014.

**New Era:** Each month, the *New Era* provides support for *Come, Follow Me* lessons for youth. This month the lessons focus on the Godhead. See pages 21, 22, and 40 of the *New Era*.

**Friend:** Pack your bags! It's time to meet friends around the world. The *Friend* will feature 12 countries throughout the year. Children can make their own passport on page 7 of the *Friend* and look for new stamps to add each month.

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